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UNITED STATES OF AMERICA.

THE

PHYSIOLOGICAL EFFECTS

OF

ALCOHOLIC DRINKS,

FROM THE

BRITISH AND FOREIGN MEDICAL REVIEW
OF DR. FORBES;

WITH

DOCUMENTS AND RECORDS

OF THE

MASSACHUSETTS TEMPERANCE SOCIETY,

ILLUSTRATING THE

ORIGIN OF THE TEMPERANCE REFORMATION, AND ITS PROGRESS
IN THE STATE OF MASSACHUSETTS.



BOSTON:

PUBLISHED BY THE
MASSACHUSETTS TEMPERANCE SOCIETY.

1848.

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BOSTON:

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21, School-street.

OFFICERS

OF THE

Massachusetts Temperance Society,

FOR THE YEAR 1847-8.

JOHN C. WARREN, M.D. . . . . *President.*

HON. STEPHEN FAIRBANKS . . . *Vice-President.*

MOSES GRANT, Esq. . . . . *Treasurer.*

WALTER CHANNING, M.D. . . . *Secretary.*

HENRY EDWARDS, Esq.
AMOS A. LAWRENCE, Esq. } . . *Councillors.*
CHARLES T. RUSSELL, Esq.

INTRODUCTION.

This publication of the Massachusetts Temperance Society has been occasioned by an article in the last number of the "British and Foreign Medical Review." Dr. Forbes, the distinguished editor of that Review, after the production of twenty-four volumes of the best medical journal which has ever appeared in England, or perhaps in any country, — having, for important reasons, resolved to terminate it, — has produced in this number a most able and scientific investigation of the effects of stimulating liquors on the animal economy. The Government of the Massachusetts Temperance Society have thought that the republication of Dr. Forbes's article would be very seasonable and useful in the United States. And as, in tracing the history of the Temperance Reform, he has

adverted principally to facts occurring in England, the Society has thought it would be interesting to introduce the article by some documents relating to the first movements in this country; showing how, from a feeble and vacillating origin, these movements gradually acquired strength and impetus sufficient to carry this reform through a considerable part of the civilized world. Before adducing the documents, it seems necessary to premise, that in Dr. Forbes's article, for sufficient reasons no doubt, the question as to the utility or injury arising from the habitual use of wine has not been fully considered. In this particular, it is probable that the change of opinion is greater here than in Europe. A vast number of persons on this side of the Atlantic have wholly abandoned the use of wine, cider, and malt liquors; and many of those who continue to employ them have greatly diminished the quantity. Wine is no longer thought necessary in the convalescent stage of fever. Cider, formerly one of the household provisions of almost every family in the North, is rarely seen; and the very trees which produced it are either cut down for fuel, or converted to the production of fruits for food. The stronger beers are quite disused, except among emigrants; and

even the milder are employed only in some very light and unstimulating form to allay thirst, principally in the hot season.

The apprehension that a sudden disuse of fermented liquors might be injurious has been dispelled by the result of a vast number of cases, in which, after long-continued employment, a sudden and total abandonment has taken place, not only without impairing health and comfort, but with positive improvement in strength, activity, and agreeable sensations. How common is it among us to see persons who in former times used wine freely, and who have now given it up, present an appearance of mental and bodily vigor they had not exhibited before! The influence of such change of habit in the wealthier classes has been great beyond calculation in leading the mass of society to abandon the use of spirits, and to repeat an experiment already made by those whom they are accustomed to respect and follow. Such having been the consequences of the disuse of wine, how desirable is it that all those who have not abandoned it, who wish well to their fellow-men, and are willing to show that they are capable of making the sacrifices they advise, should submit to a privation which they have

sufficient reason to believe will be most salutary to themselves and others!

The changes of habit alluded to above might be shown by a vast number of facts. As, however, we have no intention of entering fully into the subject here, we shall only mention a single class, — the banishment of wine from public entertainments. Formerly, all considerable festivals were conducted under the auspices of Bacchus, without whose tutelary influence it was thought impossible duly to celebrate a great anniversary, political, literary, or religious. Of late years, we have had the gratification of witnessing so many exceptions to this practice, that it appears very probable the rule will be reversed, and the exceptions change to the opposite side. The great festivals on the anniversary of National Independence are in many places celebrated without other stimulus than that of patriotic feeling. The annual ceremonies of our literary institutions, too often stained by lavish draughts of the juice of the grape, are now purified by the effusions of chastened wit, and elevated by the flights of an unclouded imagination. Most of the universities, and particularly the oldest, and we may perhaps venture to say the most distinguished, have unshackled themselves

from the chains of ancient habit. Under the influence of a master-spirit,* the great annual festival of Commencement has been accomplished without the aid of wine; and the oldest of our literary fraternities, the Phi Beta Kappa Society, has enjoyed the excitement of a social meeting, without the consequent depression from artificial stimulus. Wine is no longer admitted at the yearly convocation of the clergy, or the assemblage of the medical profession of this State. The great association of mechanics of the metropolis hold a brilliant triennial feast, from which every kind of alcoholic, fermented, vinous, and other stimulating liquid is wholly excluded. †

* President Everett, distinguished as a scholar, an orator, and a statesman; and who has employed his great talents and the influence of his high reputation to the advancement of science, morality, and religion.

† In order to give a more exact idea of the importance of the celebrations alluded to above, we have thought it well to state the number of persons that attended them, as nearly as can be ascertained: —

Fourth of July Celebration in Faneuil Hall	1000
Commencement at Cambridge University	300
Festival of Phi Beta Kappa	150
Festival of the Clergy	200
Festival of the Massachusetts Medical Society	300
Festival of the Massachusetts Mechanics' Association	600

RECORDS.

ORIGIN OF THE MASSACHUSETTS SOCIETY FOR THE SUPPRESSION OF INTEMPERANCE.

On the 26th of June, 1811, the General Association of Massachusetts appointed Rev. Samuel Worcester, D.D.; Rev. Jedediah Morse, D.D.; Rev. Abiel Abbot; Rev. Benjamin Wadsworth; Reuben D. Mussey, M.D.; William Thurston, Esq.; Joseph Torrey, M.D.; and Jeremiah Evarts, Esq. a Committee to co-operate with Committees of the General Assembly of the Presbyterian Church, and the General Association of Connecticut, in devising measures which may have an influence in preventing some of the numerous and threatening mischiefs that are experienced, throughout our country, from the excessive and intemperate use of spirituous liquors. This Committee met at different times for consultation, corresponded on the subject, and finally determined to make an effort for the formation of a State Society

for the Suppression of Intemperance. A sub-committee, consisting of Dr. Worcester, Dr. Torrey, and Mr. Wadsworth, was appointed to prepare a Constitution. After being presented to the whole Committee, and adopted, it was presented by them to a more general meeting, in Boston, on the 4th of February, 1813. At another meeting at the State House, on the 5th instant, the Constitution was adopted, and a Society formed, called the "MASSACHUSETTS SOCIETY FOR THE SUPPRESSION OF INTEMPERANCE." The object, as expressed in the second article of the Constitution, was "*to discountenance and suppress the too free use of ardent spirits, and its kindred vices, profaneness and gaming; and to encourage and promote temperance and general morality.*"

The Preamble and Constitution read as follows:

PREAMBLE.

The excessive use of ardent spirits, in our country, cannot fail to be deeply deplored by every friend to the true interests of mankind. It may be assumed, upon a very moderate estimate, that more money is expended for ardent spirits, unnecessarily and even injuriously consumed, than is expended for the support both of the ministry and of schools. By this lamentable excess, many individuals are ruined, many families are made wretched, the public morals are corrupted, and society is deeply

injured. An evil so extensively destructive calls loudly for a remedy. It is well known, indeed, that vices, when prevalent and inveterate, are not easily suppressed; yet experience testifies, that, by suitable endeavors, they may be counteracted and checked. Particularly it has been proved by successful experiment, that, with the blessing of God, much to this effect may be done by associations formed for this benevolent and important purpose.

From such an association in this Commonwealth, calculated to act upon an extensive scale, great and lasting utility may reasonably be expected. Under these impressions, therefore, for such an association the following Constitution has been framed: —

CONSTITUTION.

Art. I. — The name of this association shall be *The Massachusetts Society for the Suppression of Intemperance.*

Art. II. — The object of the Society shall be to discountenance and suppress the too free use of ardent spirits, and its kindred vices, profaneness and gaming; and to encourage and promote temperance and general morality. With a view to this object, the Society will recommend the institution of auxiliary societies, in the different parts of the Commonwealth, upon such a plan as shall be deemed the best adapted to give system and efficiency to the whole. It will also hold correspondence, as occa-

sion may offer, with other societies which may be instituted for the same general object.

ART. III. — No person shall be eligible as a member, who is not of a fair moral reputation; nor shall any one be admitted as a member, unless nominated in open meeting, and approved by the votes of two thirds of the members present at the time. Any person, thus nominated and approved, may become a member, by subscribing this Constitution, or announcing his acceptance of his election, and paying two dollars for the use of the Society, as in the case of original members.

ART. IV. — The Society shall meet annually at Boston, on Friday next after the general election, at nine o'clock, A.M. and at other times as duly notified. The meetings of the Society, annual and special, shall be publicly notified in two, at least, of the Boston newspapers during two weeks immediately preceding the day on which they are to be held. At each annual meeting, a sermon or address shall be delivered before the Society by some person elected for the purpose. The number of members shall not be less than thirty to constitute a quorum for the election of officers and members, and not less than twenty-one for other business.

ART. V. — The officers of the Society shall be a President, three Vice-Presidents, a Corresponding Secretary, a Recording Secretary, a Treasurer, and eight Councillors, to be chosen at each annual meeting, and to continue in office until others are

elected. These officers shall constitute a Board of Council.

ART. VI. — It shall be the duty of the President to appoint the place of holding the annual meeting of the Society, and also to call special meetings on the request of a majority of the officers of the Society, or any ten members thereof; and, if the President be absent from Boston, any of the Vice-Presidents shall have authority to appoint any meeting as aforesaid, and to direct the Secretary to notify the same. The Corresponding Secretary shall hold such correspondences as the purposes of the Society may require, subject to the direction of the Board of Council. The Recording Secretary shall duly notify all the meetings, and keep a fair record of the doings of the Society and of the Board of Council. The Treasurer shall keep the moneys and the accounts of the Society, subject to the direction and superintendence of the Board of Council.

ART. VII. — It shall be the duty of the Board of Council to act as the Executive of the Society; to make communications to the auxiliary societies; to receive communications from them; to collect, combine, and digest facts and general information relating to the purposes of the Society; to devise ways and means for the furtherance of these purposes; to apply the funds agreeably to the Society's directions; and, at each annual meeting, to report to the Society their doings, and a digest of the facts and general information which they may have col-

lected, and such measures as they may judge suitable for the Society to adopt and pursue. They shall hold stated quarterly meetings.

ART. VIII. — Each member of this Society shall make it an object to discountenance and prevent, as far as may be, by his own example and influence, every kind of vice and immorality.

ART. IX. — All clergymen in this Commonwealth are considered as members, on their giving notice of their desire of becoming such, or subscribing the Constitution; and they are exempted from the payment of two dollars, as above provided respecting other members.

ART. X. — The Constitution shall not be altered, except at an annual meeting, and by two thirds of the members present.

At the second annual meeting of the society, May 27th, 1814, the following article was added to the Constitution: —

"Every annual meeting of the Society shall be opened with prayer by some person whom the President shall request to perform that service."

After adopting the above Constitution, the Society adjourned to nine o'clock next morning, to organize by the choice of officers. At this meeting, the Hon. Samuel Dexter, Esq. was chosen Presi-

dent; Gen. John Brooks, Dr. John Warren, Hon. Benjamin Pickman, Vice-Presidents; Rev. Abiel Abbott, Corresponding Secretary; Rev. Joshua Huntington, Recording Secretary; Samuel H. Walley, Esq. Treasurer; Rev. Dr. Kirkland, Rev. Dr. Lathrop, Rev. Dr. Worcester, Rev. Mr. Pierce, Nathan Dane, Esq., Hon. Timothy Bigelow, Richard Sullivan, Esq., Jeremiah Evarts, Esq., Councillors.

It was then voted, That the officers of this Society be hereby requested to present a petition to the Legislature of this Commonwealth for an act of incorporation, as soon as they shall deem it expedient.

It was also voted, That a Committee be appointed to wait on his Excellency the Governor, his Honor the Lieutenant-Governor, the members of the Council, and both branches of the General Court; and present to them the Constitution for their consideration, and subscription if they see fit.

Also voted, That the officers of the Society be a Committee for that purpose.

Voted, That the Treasurer, or some other officer whom he shall select, be requested to attend at the Land Office, in the State House, this day, and Monday, Tuesday, and Wednesday, of next week, between the hours of eleven and two, for the purpose of receiving the subscriptions of gentlemen who have been present at the deliberations of the Society, or who have given their assent to the same.

Voted, That all gentlemen who shall leave their names with either of the Secretaries, for the purpose of becoming members, shall be considered as original members of the Society, when admitted at the first annual meeting; and that public notice be given of this Society and of this vote.

Voted, That the President and Recording Secretary be requested to cause the Constitution of the Society to be printed, as soon as may be, in such form and number as they may judge necessary.

Voted, That this meeting be dissolved.

The following extracts from the records of the Society will exhibit its active exertions in promoting temperance, and in leading some of the great public movements which have been made since its formation.

May 27, 1814.

The second annual meeting of the Society was holden at the vestry of the First Church.

The Society voted, That a Committee be appointed to take into consideration the expediency of procuring or producing one or more cheap tracts for publication. Rev. Messrs. Bates and Channing, and Jeremiah Evarts, Esq. were chosen.

The Society voted, That the words "profaneness and gaming" be omitted in the second article of the Constitution.

June 1, 1816.

The fourth annual meeting of the Society was held at the Theological Library.

The Selectmen having recently met with difficulty in consequence of withholding licenses, at their request it was voted, That a Committee be chosen to confer with them on the subject. Hon. Mr. Dane, William Thurston, and S. H. Walley, Esqrs. and Rev. Messrs. Channing and Lowell, were chosen for this purpose.

It was voted, That the Committee for publication be instructed to print two thousand copies of the address in connection with the annual report, and that twelve copies be forwarded to each auxiliary branch of this Society, and two copies to each town in the Commonwealth, one of which shall be deposited in the Social Library, where one exists, or with the clergyman for circulating as extensively as may be; and that the residue be circulated at the discretion of the Committee.

Voted, That the Board of Council be requested to adopt such measures relative to a due observance of the existing laws of this Commonwealth, and to obtain a revival of the same if necessary, as they shall judge proper to promote the objects of this Society.

Voted, That the Hon. Mr. Ward, William Thurston, and Samuel H. Walley, Esqrs. be a Committee to confer with a Committee appointed by the Rev. Convention of ministers to consider whether any

measures may be usefully adopted by them for discountenancing and suppressing the vice of intemperance.

December.

The Council met in the Theological Library.

A report was presented by the Committee appointed to confer with the Selectmen; and it was referred to them to present a petition to the Legislature, praying that honorable body to revise and amend the act for granting licenses to retailers of ardent spirits.

The same Committee were re-chosen.

May 29, 1818.

The sixth annual meeting of the Society was held at the Theological Library.

A Committee of nine were chosen to consult, from time to time, with the Selectmen of Boston and other towns on the best methods of effecting the objects of the Society, and of affording to Selectmen such facts, relating to the objects of the Society, as may be thought useful.

Hon. Judge Prescott, Israel Thorndike, Artemas Ward, Thomas L. Winthrop, Esqrs.; Judge Davis; Rev. Messrs. Channing and Lowell; Henry J. Oliver and William Thurston, Esqrs. were chosen.

May 28, 1819.

The seventh annual meeting of the Society was held at the vestry of the Church in Chauncy Place.

Much deliberation took place on the utility of more frequent correspondence with the old auxiliary societies, and on the importance of exciting influential characters in the community to the formation of new ones.

May 30, 1823.

The eleventh annual meeting of the Society was held in Chauncy Place Church.

Rev. Mr. Collier, Hon. Judge Prescott, and Moses Grant, Esq. were appointed to confer with the Mayor on the subject of licenses to retailers, and concerning such measures as may be taken to improve the laws in relation to this and similar subjects.

A Committee was appointed to prepare a circular letter to auxiliary societies and individual gentlemen.

May 28, 1824.

The twelfth annual meeting of the Society was held at the vestry of the Church in Chauncy Place.

Voted, That the members be requested to sign an obligation, that they will not distribute liquors to those employed by them to labor.

Rev. H. Ware, jun. and Lewis Tappan, Esq. were appointed a Committee to announce this measure to the public, and the Secretary to announce it to the auxiliaries.

It was voted, That the same Committee address the Boards of direction of the several manufacturing establishments of this Commonwealth and elsewhere; state to them the fact that ardent spirit has been excluded from several establishments of the kind with great advantage to the same; and solicit them to co-operate in a measure so important to the welfare of the community.

May 27, 1825.

The thirteenth annual meeting of the Society was held in the vestry of the Church in Chauncy Place.

It was voted, That Francis C. Gray, Samuel Haven, Henry J. Oliver, Andrews Norton, and Levi Bartlett, be a Committee to inquire whether the laws relating to granting licenses to retailers, and restraining intemperance, be executed; and whether any additional measures, of a public or private nature, are necessary or practicable for the suppression of intemperance.

April 4, 1827.

A meeting of the Board of Council was held at the house of the Secretary, Dr. John Ware.

An important and successful movement was made at this time to put a check upon the riotous and disgraceful proceedings in the Common, and other public places, on days of festivity.

The Council appointed a Committee, consisting of Rev. Dr. Jenks, the Secretary, and the Treasurer,

to consider the expediency of applying to the government of the city, to request that measures be taken to prevent the sale of spirituous liquors on the Common on public days, and to prevent also their introduction as refreshments on all public occasions within the control of the city government.

A number of gentlemen, acted on by this impulse given by the Society, soon after petitioned the city government to prohibit the sale of spirituous liquors in places of public resort. The petition was granted, and a wonderful change took place in the tranquillity and order of the public festivities.

For a number of years, the Society had languished. A new effort was now made to arouse the zeal of the community. A new election of officers took place. The Society soon became active and successful in its operations, and, together with the American Temperance Union and the combined aid of county and town associations and of influential individuals, was instrumental in working a great change both in public opinion and practice.

June 4.

The Society met at the Chauncy Place vestry, at half-past nine o'clock, A.M.

Many gentlemen were present, and joined the Society. A letter was read from Chief Justice Parker, declining a re-election to the office of President;

and a Committee of nomination was appointed, who recommended Dr. John C. Warren as the candidate for that office.

The Society proceeded to the choice of officers, when the following gentlemen were elected: — John C. Warren, M.D. *President.* Eliphalet Porter, D.D.; William Jenks, D.D.; Abiel Abbott, D.D. *Vice-Presidents.* John Ware, M.D. *Secretary.* Levi Bartlett, Esq. *Treasurer.* Hon. Nathan Dane, Rev. Henry Ware, jun. Lewis Tappan, Esq. Rev. Ezra S. Gannett, Benjamin Seaver, Esq. Hon. Stephen Fairbanks, J. F. Flagg, M.D. and Rev. Jon. Going, *Councillors.*

It was voted, That it be recommended to the Council to prepare resolutions, to be proposed and acted upon at some public meeting of the Society; the time and place of which to be left to their decision.

Voted, That the members be furnished with as many of the tracts of the Society as they may be able to distribute.

At a special meeting of the Society, it was voted, That the Council be requested to take such measures to interest medical gentlemen in the cure of intemperance, as in their judgment may seem best.

In consequence of the movements of the Society, Dr. Warren, at a meeting of the Massachusetts Medical Society, June 6, 1827, offered the follow-

ing preamble and resolutions, which were adopted with great unanimity; all having been passed *nemine contradicente*, except the fourth: —

Whereas there is reason to believe that the habitual and intemperate use of ardent spirits is often the consequence of an opinion, that such liquids contribute to the health of men; and whereas it seems to be a duty peculiarly belonging to this Society to oppose and correct so insidious an error, —

Therefore, Resolved, 1st, That, in the opinion of this Society, the constant use of ardent spirits is not a source of strength and vigor, but that it is generally productive of weakness and disease.

Resolved, 2dly, That this Society agree to discourage the use of ardent spirits as much as lies in their power; and, for this purpose, to discontinue the employment of spirituous preparations of medicine, whenever they can find substitutes; and, when compelled to use them for any great length of time, to warn the patient of the danger of forming an unconquerable and fatal habit.

Resolved, 3dly, That the excessive and constant use of wine is, in the opinion of this Society, a cause of many diseases; and that, though it is useful in some of them, as in the stage of weakness in fever, its use is, even in these cases, often carried too far, and continued too long.

Resolved, 4thly, That, in the opinion of this Society, the most salutary drink for the use of man is

water; that even this pure liquid must be employed in a rational and discreet manner, especially in hot weather; and that, if we were called on to recommend some drink of a more stimulating quality, we should advise the use of malt liquors.

Resolved, lastly, That this Society will use the skill of its members in ascertaining the best modes of preventing and curing the habit of intemperance; and, for this purpose, a premium of dollars shall be offered for the best dissertation on the subject, which, after being approved by the Councillors, shall be read at the next annual meeting of the Society, and afterwards printed; and that the authors be requested to point out the circumstances in which an abandonment of the habitual use of stimulating drinks is dangerous, and also the effects of the use of vinous and ardent spirits on the different organs of the animal economy.

The blank in the last resolution having been filled so as to read "fifty dollars," it was thereupon voted, That the Councillors be requested to take all necessary measures to give full effect to the above resolutions.

The premium was awarded to Dr. William Sweetser, and his dissertation was read at the annual meeting of the Massachusetts Medical Society.

A meeting, which was very important in relation to the temperance cause, as will appear by

the following report, was soon after held in Julien Hall.

Nov. 5.

A meeting of the Society was held at the Julien Hall, at half-past six o'clock, P. M. pursuant to a notice from the Committee appointed at the last meeting; Dr. Warren, the President of the Society, in the chair. The meeting was opened with prayer by Rev. J. G. Palfrey. The annual report was then read, and the following resolutions were proposed by the Committee: —

1st, Resolved, That, in the opinion of this meeting, there is sufficient evidence that ardent spirits are not necessary as a refreshment, or a support to the strength during labor; but, on the contrary, are absolutely injurious to the health; that to the general moderate use of them is to be chiefly attributed the prevalent habit of intemperance: and that entire abstinence from them, except when prescribed as medicines, be recommended to all classes of society.

2d, Resolved, That it be recommended to ship-owners, masters of vessels, farmers, mechanics, proprietors and superintendents of manufacturing establishments, and all others having the care of young persons when first entering on laborious occupations, to endeavor to induce those under their charge to form the habit of labor without any use of ardent spirits.

3d, Resolved, That it be recommended to all

having charge of the education of the young to endeavor to produce on their minds a strong impression of the dangerous tendency of even a moderate use of ardent spirits.

The meeting was addressed, in support of these resolutions, by Dr. Z. Boylston Adams, Dr. Walter Channing, Rev. E. S. Gannett, Hon. William Sturgis, Dr. J. B. Flint, and Rev. W. Collier; and they were all unanimously adopted.

It was then voted, That the report and resolutions be printed and distributed.

Voted, That it be recommended to the Council of the Society to call future public meetings like the present, whenever they may deem it expedient.

Voted, That the proceedings of this meeting be signed by the President and Secretary, and published in the newspapers.

This meeting was attended by a very large and respectable assemblage of citizens, in addition to the members of the Society. At half-past nine, the meeting was dissolved.

May 29, 1828.

The sixteenth annual meeting of the Society was held at the vestry of the Rev. Dr. Channing's Church in Federal-street.

The President of the Society, Dr. Warren, remarked that, in consequence of the order of the Mayor and Aldermen prohibiting the sale of spirit-

uous liquors on the Common, that place had been less frequented during the present year than formerly; and that it seemed desirable some attraction should be presented there, of a different kind, which should continue to make it a place of cheerful resort on holidays. He suggested, among other things, the procuring of a band of music to play upon the Common, the establishment of public games, &c. &c.

On motion of the Rev. H. Ware, jun. it was voted, That the consideration of this subject be referred to the Board of Council; and that they be requested to hold an early meeting for that purpose, in order that measures may be taken, if deemed expedient, before the 4th of July.

June 6.

A meeting of the Council was held at the house of the President.

It was voted, That the Secretary procure one thousand copies of the annual address to be printed, and send one copy to each of the members of the Legislature, and one to each clergyman in the Commonwealth.

It was voted, That the President be directed to confer with General William Sullivan, Hon. D. Webster, Gen. Theodore Lyman, Hon. P. O. Thatcher, D. Sears, Esq. and Judge Simmons; and, in the name of our Society, to request them to compose with himself a Committee to inquire what may and

ought to be done towards providing some safe amusement for the people, who assemble on the Common during our holidays.

Voted, That the Committee have power to enlarge itself, or to fill vacancies as the case may require.

Voted, That Messrs. Fairbanks, Adams, and Seaver, be a Committee to solicit subscriptions as the means of carrying into effect such arrangements for the Common as the President shall signify to them are judged expedient by the Committee.

In the following year, the President addressed, in the name of the Society, the following letter to the Mayor and Aldermen of the city of Boston: —

Boston, May 26, 1829.

Gentlemen, — Application was made last year to the city authorities by the officers of the Society for the Suppression of Intemperance, for the purpose of devising and executing some measure calculated to occupy and amuse the people on public holidays, such as election day, &c. in order to divert them from the use of ardent spirits.

There was, at the time this application was made, but a short period intervening between the day and the 4th July, for which anniversary this arrangement was contemplated; and, lest the public authorities should be unable to organize a system for the attainment of an object so important to the health, morals, and comfort of the community, the applicants then

agreed to bear such expense as might be requisite to pay for a band of music to play on the Common on that day; hoping that hereafter the city government would take the subject into their paternal care, and organize a regular and permanent system for the present and future advantage of our community.

Owing to peculiar circumstances, this arrangement has not been carried into effect; for which reason, and also to prevent the ill consequences which would arise from the want thereof, — in the name of the said Society, and at their request, I would hereby propose and petition, that a band of music be employed, under the direction of the city authorities, to play on the Common, on the election day following; viz. the 27th day of May. And I hereby, as President of said Society, agree to defray the expenses thereof.

I have the honor to be, very respectfully, yours,

J. C. Warren.

March 8, 1830.

The Society met this evening, by adjournment, in the Hall of the House of Representatives; and a very large number of citizens, both ladies and gentlemen, assembled to participate in the proceedings.

The meeting was opened with prayer by Rev. Dr. Tuckerman.

The President then addressed the meeting, stating the objects for which it had been convened, and

giving a concise and highly entertaining history of the Society, as well as of all other proceedings on the subject of intemperance which had come to his knowledge.

The annual report was then read. It concluded by presenting to the consideration of the meeting the following resolutions : —

Resolved, 1st, That, while the habit of intemperance has been diminished by the efforts of this and other associations, it must still be considered as foremost in the rank of vices, and worthy of the best efforts of philanthropists and patriots to subdue it.

Resolved, 2d, That, in the opinion of this meeting, the use of *ardent spirits* is unhealthy ; that it is inconsistent with a vigorous action of the bodily and mental powers ; and that, therefore, we recommend an entire abstinence from them to all classes of the community.

Resolved, 3d, That the habitual use of wine is not *necessary* nor salutary, and that its diminution would tend to promote the pleasure and improvement of Society.

Resolved, 4th, That the officers of this Society be requested to open correspondences on this subject with other countries, in order to ascertain what progress has been made in the diffusion of correct opinions in regard to the use of stimulating liquids.

Resolved, 5th, That the report made at this meeting be accepted and printed, together with an

account of the proceedings thereon, and such additional information as may hereafter be obtained; and that the same be distributed as widely as possible.

The report and resolutions then became the subject of a very interesting discussion. They were advocated in general by Hon. William Sullivan; Hon. Mr. Calhoun, of Springfield; Dr. Brooks, of Barnardstown; Judge Simmons, of Boston; and Mr. John Tappan, of Boston. No objection was made to any part, except the *third resolution*. After stating his objections to this, and referring to the proverbial temperance of the inhabitants of wine-drinking countries, Mr. George Bond proposed the following substitute for it: —

Resolved, That, while the habitual use of all wines is believed to be injurious to health, we regard the introduction of the low wines of France and Germany, at reduced prices, as favorable to the promotion of temperance.

The amendment was advocated by the mover, Mr. Sullivan, and Dr. Ware; and opposed by the President, who, being called upon for an opinion on the effects of the use of wine on the health, defended the third resolution.

Mr. Tappan also considered the habitual use of wine promotive of intemperance, and therefore would do nothing to encourage the use of it, although he

would not recommend the entire exclusion of it from society.

Dr. Ware was opposed to the original resolution, on the ground that it offered matter for the consideration of a medical society, or of one for the preservation of health, rather than of ours, which is for the suppression of intemperance; and that its adoption might bring unnecessary odium on the Society, and produce re-action unfavorable to its success.

As there seemed to be considerable difference of opinion respecting the advice we ought to promulgate, in regard to the use of wine, it was generally thought best that all proceedings in relation to it should subside for the present; and accordingly, the question being taken on the amendment, it was *rejected;* and so also, the question being taken on the *third resolution*, it was *rejected.*

The report, together with the other resolutions, was then unanimously *accepted.*

In the course of the debate, some notice was taken of the increasing number of licensed houses in this city; and Henry J. Oliver, Esq. one of the aldermen, offered some pertinent remarks on the subject, showing that the Mayor and Aldermen had already co-operated with the friends of temperance, so far as to reduce the number of these dangerous places very considerably; and that they were desirous and determined to curtail them still more. He also stated, that, with reference to what had been said

by Judge Simmons of the facilities which existed in the theatre for the intemperate use of ardent spirits, and the consequent disturbances and offences which were committed there, the Mayor and Aldermen had never granted any license for retailing spirits in that house. They only gave a license for theatrical exhibitions, and the proprietors had assumed to establish bar-rooms under that commission.

Several of the gentlemen who addressed the meeting alluded to the theatre as being highly obnoxious, under its present arrangements, to the disapprobation and to the reforming influences of the opposers of intemperance ; and it was generally thought, that the sale of spirituous liquors in the theatre must deter many sober and respectable people from attending there at all.

May 1.

A meeting of the Council was held at the house of Dr. Ware.

The President made a communication from Rev. H. Hildreth, of Gloucester, proposing to act in his region as agent, if agreeable to the Society. The President also suggested the expediency of extending the operations of the Society, in a similar way, to other parts of the Commonwealth.

Whereupon it was voted, —

That one or more agents be appointed in this Commonwealth to promote the objects for which this Society was formed.

That these agents be authorized to form auxiliary societies, whenever a disposition to do so is exhibited.

That these agents be authorized to receive voluntary contributions for furthering the designs of the Society, and to transmit the same to the Treasurer of the Society.

That the Rev. H. Hildreth, of Gloucester, be appointed agent for the north-eastern district of the Commonwealth; and that the voluntary services of other individuals, to officiate in different parts of this State, will be gratefully accepted by this Society.

That the above resolutions be published in the newspapers.

May 27.

The eighteenth annual meeting of the Society was held in the vestry of St. Paul's Church.

James T. Austin, Esq. made some remarks respecting the evasions of the order of the city government prohibiting the sale of spirituous liquors on the Common, and some consequent disturbance there yesterday; and, as it was said that some imputation had been thrown on the policy which the Society had pursued in this behalf, it was voted, That Messrs. Lawrence, Fairbanks, and Adams, be a Committee to confer with the Mayor and Aldermen on the subject.

Rev. H. Hildreth, who had recently been ap-

pointed the agent of the Society, reported that he had undertaken the business under favorable auspices, and had already effected the formation of one pretty numerous auxiliary society.

The Society then proceeded to the Church, where an eloquent address was delivered by the Hon. J. T. Austin to a crowded audience.

Jan. 25, 1831.

A public meeting of the Society was held at Park-street Church, this evening, for the purpose of receiving a report and an address from Rev. H. Hildreth, who has been operating very successfully of late as agent in behalf of the Society in Essex county and elsewhere. His Excellency Governor Lincoln was there, and a large portion of the legislative bodies, who had been specially invited. The address was ingenious, entertaining, and practical; full of sound and thorough-going doctrine on the subject, without any offensive language or impertinent remarks.

March 23.

A meeting of the Council was held this evening, at the house of the President, for the purpose of conferring with several gentlemen, who were invited to meet with them, on the expediency and practicability of employing some gentleman to act as an agent of the Society, who should devote his *whole*

time, for a *series of years*, to the promotion of its objects.

The President stated his views of the present situation and necessities of the temperance cause; that what had been already accomplished would fail to produce much permanent reformation, unless it be vigorously followed up in the manner now proposed; that intemperance was still so prevalent and pernicious, as to make strong demands on the philanthropy of the community; that an individual could now be procured, eminently qualified in every respect to undertake the office of agent, and to devote himself to its duties; and that the Council seemed called upon to avail themselves of so favorable an opportunity to advance the objects of the Society.

The meeting unanimously accorded with these sentiments; and, after consultation, it was resolved, That an effort should be made to procure the means for supporting an agency of the kind proposed for one, two, or a term of years.

It was resolved, That a circular should be prepared, setting forth the necessities of the case, as contemplated by the meeting, and asking pecuniary assistance to enable the Society to meet them in the manner proposed. The circular was not to emanate from the Council as a body, but to bear the signatures of the gentlemen present at the meeting, and of such others as might be disposed to aid the project by their countenance and co-operation. The

funds which should be collected were to be deposited with the Massachusetts Society for the Suppression of Intemperance, and to be applied to the support of a competent and faithful agent in the cause of temperance.

CIRCULAR.

Sir, — The success of the efforts for the suppression of intemperance in this country is well known to you. The changes in the moral condition of the community in this respect have been so great and sudden, as to excite general surprise. Although much has been effected, a great deal remains to be done. The mass of intemperance which still exists in our large towns is great and dreadful. A large part of the laboring men in the metropolis have not felt the influence of the changes going on in the country; for, in truth, they have not yet been made known, nor applied to them. There is reason to believe, that there is even an increase in the use of ardent spirits in this and some other places.

The evils arising, and likely to arise, from this source, have pressed themselves forcibly on the minds of some persons in this city. They are of opinion, that much may be done by the gentlemen of this place to cut off this source of a great part of the poverty, vice, sickness, and misery of the metropolis, and thus relieve their distress with more economy and certainty than is done by the existing modes of charity. They are also of opinion, that.

while the present generation will be greatly benefited, the result to posterity — to the future condition of this population — will be important beyond calculation.

We concur in the opinion which has been often expressed, that those persons who may be weaned from the use of ardent spirits, and those who may be prevented from acquiring the habit of using them, are *ignorant* of the consequences of habitual use. They are not reached by such monitors as are now offered; and can be reached only by personal application, by persuasion, and by appeals which cannot be made through the press alone. There are hundreds and thousands who consume every day a quantity of ardent spirits, without ever having had an idea of doing any wrong, but who rather think it would be wrong not to take this accustomed stimulant.

A judicious and zealous agent may at this moment be obtained to carry on the work of reformation. He is willing to search out the vice wherever it exists, and to attack it by persuasion, by the distribution of printed books, and by every method proper to overpower it. As such an opportunity for doing good to our generation may not occur again, it has been thought expedient to take the sense of the most respectable individuals in the place as to their disposition to contribute aid to this important object.

It is proposed to raise a fund of money by an

annual subscription for three years, or by single donations, to be applied to the support of an agent, and to the printing and distribution of papers adapted to show the evils of intemperance in their proper light.

An individual will call on you, in a few days, for such an answer to this application as you may think proper to give.

(Signed)

John C. Warren	* William Sullivan
Charles Lowell	Amos Lawrence
George C. Shattuck	William Jenks
John Pierpont	Levi Bartlett
Alonzo Potter	Abel Adams
John G. Palfrey	Joshua B. Flint.

The funds which may be procured are to be placed in the hands of the Massachusetts Society for the Suppression of Intemperance, to be by them applied to the above-named object.

Boston, March 29, 1831.

* This seems the proper place to notice the efforts, in the cause of temperance, of one of the above-named gentlemen, who is no longer living. William Sullivan, Esq. one of the most distinguished members of the bar in this city, determined at this time to give his influence to the support of the temperance cause; and he continued to give it through the remainder of his life. His talents, eloquence, high standing in the circles of literary and political life, and his unbounded attentions to strangers, gave him an oppor-

At the same time, representations were made in the public newspapers, of the extent of the vice of intemperance in Boston; and conferences were held with various respectable individuals, to acquaint them with the existing state of things in this place and the vicinity. The way being thus prepared, a subscription-book was procured, and put into the hands of an active and experienced person, who handed it to those who were thought most disposed to offer their aid.

The immediate result of this application to the citizens was the subscription of three hundred dollars for three years, which was, from time to time, increased, until it amounted to the sum of twelve hundred dollars.

May 27.

Agreeably to previous notice, the Society held, this evening, in the Representatives' Hall, a public meeting, which was opened by the President, at eight o'clock. After stating the object of the meeting, he adverted to the present state of things in regard to intemperance, and the reasons and facilities which now presented themselves to the Society for a more extended and efficient action in the cause which they were the first to espouse.

tunity of carrying the temperance reformation to the ears of many who would not have listened to it from other quarters.

Rev. H. Hildreth followed with some pertinent and entertaining views, calculated to awaken attention and interest in the cause of temperance, especially on grounds of reasoning; and to show that more could be done towards reducing the amount of suffering in the world, by suppressing intemperance, than in any other way.

An interesting discussion then arose, in which Rev. J. G. Palfrey, Moses Grant, Esq. Judge Simmons, and two gentlemen from the country, participated. It continued with increasing interest till a late hour, when a Committee of thirteen persons were appointed to consider and report on the most expedient measures for raising the necessary funds for employing an agent of this Society to carry into effect its designs in suppressing intemperance.

The meeting was then adjourned to the same place, at some future time, if it be deemed practicable.

June 3.

The meeting thus adjourned was held at the Hall of the House of Representatives. The Committee submitted their report, and recommended the following resolutions to the consideration of the Society: —

Resolved, in the opinion of the Massachusetts Society for the Suppression of Intemperance, That, if the sum of twenty-five hundred dollars were annually expended in supporting judicious and intelligent agents, commissioned to visit the abodes

of the friendless, who are liable to the temptations of intemperance, and the abodes of many who have already fallen into such habits, the most gratifying results in the cause of humanity may be expected therefrom.

Resolved, That the citizens of Boston be, and they hereby are, respectfully invited to meet at the Court House, Court Square, on the 20th day of June next, at four o'clock, P. M. to take into consideration whether any and what means should be taken to raise funds for the purposes in the first aforegoing resolve set forth.

Resolved, That the said citizens be, and they are hereby, requested to consider whether any and what means should be adopted to diminish the number of places in Boston in which ardent spirits are retailed.

Resolved, That the said citizens be, and they are hereby, requested to consider whether any and what alterations should be sought for, either in the existing laws or in the city charter, with a view to suppress the causes of intemperance.

John C. Warren
William Sullivan
Amos Lawrence
William Simmons
John G. Palfrey
Hosea Hildreth
George C. Shattuck
Stephen Fairbanks
Moses Grant
Harrison Gray
Benjamin Seaver
Joshua B. Flint
John P. Spooner.

December.

The Council appointed Messrs. Lawrence, Gray, and the Secretary, a Committee to inquire whether it be practicable to establish a paper to be specially devoted to the temperance reformation; — and, if not, whether a certain portion of the papers now printed in the city may not be secured to the use of the Society, as a medium of communication with the public, once or twice a week, and the impressions at those times multiplied for gratuitous distribution; and, if so, on what terms such an arrangement may be made.

May 23, 1832.

The twentieth anniversary of the Society was held this evening, at half-past six o'clock, at the Masonic Temple.

After transacting the usual business, the Society adjourned to St. Paul's Church, where an interesting address was delivered by William Sullivan, Esq. to a very crowded and attentive audience.

May 24.

The Society assembled with many of the friends of temperance, who had been invited to join them, in the Lecture Room of the Masonic Temple at eight o'clock. The President, on taking the chair, briefly stated the object of the meeting to be to devise ways and means for rendering the operations of the Society more extensive and effectual than it was possible to

make them at present, and urged the importance of establishing and maintaining an agency, which could not be done without more funds than are at present at the disposal of the Society.

The following resolutions were adopted: —

Resolved, That the thanks of this meeting be presented to the Hon. Lewis Cass, Secretary of War, and to Hon. Levi Woodbury, Secretary of the Navy, for the discouragement they have put on the use of ardent spirits in the army and navy, and the important benefits which have resulted therefrom.

Resolved, That the thanks of this meeting be given to the Hon. Daniel Webster, the Hon. Theodore Frelinghuysen, and to the other members of Congress, who have so ably supported the cause of temperance in the public meeting at Washington.

Resolved, That the thanks of this meeting be presented to the gentlemen of the clergy, of various denominations, who have powerfully and successfully advocated the cause of temperance in their pulpits; and further, that they be respectfully requested to continue their benevolent effort for perfecting this noble work.

Resolved, That the thanks of this meeting be given to the merchants and shipowners who have prohibited the use of ardent spirits during the navigation of their vessels, and have thereby proved that voyages can be made cheaper and more successfully than before; that seamen are more tractable, and better satisfied with their situations; and

that a great moral reformation has been thus begun among this neglected, interesting, and truly important class of men.

Resolved, That the thanks of this meeting be given to the Rev. Hosea Hildreth, agent of this Society, for his able services in the cause of temperance during the last two years, performed without any compensation from the Society.

Hon. Jonathan Phillips offered the following resolutions, which, after being eloquently advocated by Messrs. Phillips, Pierpont, Tappan, Palfrey, and Gannett, were adopted.

Resolved, That, in the present encouraging state of the cause of temperance, it is important to meet the call for support and assistance from various parts of the Commonwealth, by the appointment of an agent to visit such places as may require his services.

Resolved, That the cause of temperance can in no way be so effectually promoted as by the formation of local auxiliary societies in the towns or school districts of the Commonwealth, and that it be recommended to the Council of the Society to adopt measures to promote this desirable object.

On motion of H. Gray, Esq. it was then resolved, That, in order to procure means for supporting an agent, and for the necessary purposes of the Society, a Committee be appointed to raise funds by annual subscriptions for five years.

An adjourned meeting for the same purpose was held, June 5; and, at its close, papers were circulated among the audience, and subscriptions made to the amount of three hundred dollars.

Dec. 31.

The President reported to the Council, that arrangements had been made with the publishers of the Farmer's Almanac, for the insertion of a paper on the temperance cause, in twenty thousand or more copies of that popular work.

During the past year, the Society has had several meetings, at which useful discussions were held, tending to awaken public attention to the necessity of continuing the labors to promote temperance; and has produced, among others, the following publications: —

1. Some thousands of a letter to the gentlemen of Boston.

2. Seven thousand copies of a letter addressed to the citizens of Boston, to induce them to form a temperance society; which measure has been successful, and a society has been organized, and a tract published by its members, entitled, "A hundred and thirty Questions to Consumers of Ardent Spirits."

3. Seven thousand copies of a report addressed to all the friends of temperance.

4. Ten thousand copies of the excellent circular letter issued by the Temperance Society of the State

of New York. These copies have been distributed in Boston, and in various parts of the Commonwealth.

These things have been done with very limited means, and from the liberality of a small number of persons.

April 3, 1833.

The Council voted, That General Sullivan be requested to draw up a circular, to be sent to all the counties in the State, containing a memorial to be addressed to the next general court, for the appointment of a Committee on the subject of intemperance, and the laws touching the sale of spirituous liquors.

May 27.

The twenty-first anniversary of the Society was held this day, at St. Paul's Church.

At the meeting for business, Rev. H. Hildreth made a statement of what he had done the past year. A conversation ensued respecting the practicability of rendering the Society more efficient than it had been, which took a very interesting direction, and continued till the hour appointed for the public services to commence.

It was voted, That, when this meeting adjourn, it be to next Friday evening, at eight o'clock, at the Reading Room of the Temperance Journal, at Mechanics' Hall.

May 31.

The Society met, according to adjournment, at the Reading Room of the Temperance Journal.

A discussion took place on the state of the Society, its past and present relations to the temperance reformation, and respecting the ways and means by which its activity could be concentrated, and rendered most available to the end for which it was instituted. The debate continued with much interest until a late hour, when a Committee was appointed to take into consideration the whole condition of the Society, and to report, at an adjourned meeting, any amendments in the Constitution thereof that may seem to be expedient.

June 14.

A special meeting of the Society was held, according to adjournment, at the Supreme Judicial Court Room.

Mr. Sullivan, chairman of the Committee appointed at the last meeting, made a report, which concluded with several propositions for the action of the Society, in the form of resolutions, of which the second affirmed, that total abstinence should be a fundamental principle of the proceedings of the Society in this cause.

A very interesting debate arose with regard to it, which was continued, at the same place, during six successive appointed meetings of the Society, and was finally terminated by the Society's adopting an

article distinctly comprehending the pledge of total abstinence from intoxicating drinks.

The President ruled, that this pledge did not apply to the old members of the Society, unless they severally subscribed to it.

Other meetings were held to consider the remaining articles of the Constitution.

At the final meeting, it was moved by Moses Grant, Esq. and voted, That it was expedient that a *State Convention* of the friends of temperance should be held in the town of Worcester, on the first Wednesday of September, or at such other time as the Council may designate.

On motion of Rev. George Ripley, it was voted, That the friends of temperance in each town in the Commonwealth, and the temperance societies throughout the State, be requested to send two or more delegates to the Convention.

It was voted, That fifty dollars be appropriated to defray the expenses incurred by the Corresponding Secretary, in giving the requisite notice of the proposed Convention.

Voted, That a second edition of not less than four thousand copies of the address delivered by L. M. Sargent, Esq. in May last, be printed for the Society.

The following resolutions, proposed by Moses Grant, Esq. were unanimously adopted: —

Whereas the cause of temperance can be promoted in no way more effectually than by a diffusion of all useful knowledge connected with the subject; and whereas the Temperance Journal, a paper printed in this city, and devoted entirely to the cause of temperance, and conducted hitherto with discretion and ability, is entitled to the support of the friends of temperance; —

Resolved, That the Massachusetts Society for the Suppression of Intemperance recommend this Journal to the public, as entitled to their patronage.

Resolved, That this Society agree to subscribe for one thousand copies of said Journal, for gratuitous distribution, in such manner as the government of the Society think most useful.

The Secretary was directed to publish the proceedings of the meeting in the daily newspapers.

The meeting, having extended through nine evenings, was dissolved.

July 10.

The Council voted, That the Corresponding Secretary be requested to prepare a circular invitation to the Convention about to be held at Worcester, and to publish it and distribute it to the temperance societies and the friends of temperance throughout the State, and to request answers thereto.

Aug. 15.

A meeting of the Society was held at the Supreme

Court Room, for the purpose of choosing delegates to the State Convention to be held at Worcester, on the third Wednesday of September. It was voted, That thirty gentlemen resident in the city, and thirty resident in the country, should be chosen delegates.

Sept. 13.

A letter was read to the Council from Commodore J. D. Elliott, U. S. N. expressing his deep interest in the temperance reform, and his intention to assist in the Convention at Worcester, if his official engagements did not prevent.

The Convention thus recommended was held at Worcester, Sept. 18, 1833.

A regularly notified meeting of the Massachusetts Society was convened at the same time and place. A Committee was appointed to confer with the Committee of the Convention, with instructions to report to the Society, if any, and if any what, alterations or additions will be necessary or convenient, in case it should be desired to constitute the Massachusetts Society the central, executive, or parent institution, with reference to a complete organization of the friends of temperance throughout the Commonwealth.

Sept. 19.

The Committee, after a conference with the Committee of the Convention, offered to the Society's consideration a report, comprising a preamble and a draft of the Constitution so modified as to corre-

spond with the new relations into which the Society was about to enter.

CONSTITUTION OF THE MASSACHUSETTS TEMPERANCE SOCIETY.

Whereas the Massachusetts Society for the Suppression of Intemperance was instituted twenty years ago, and at a time when the precise duties of the promoters of temperance could not be defined by any previous experience; and whereas it is now known, that a great change has taken place in public opinion as to the use of intoxicating liquors, and that this change has chiefly been effected by means of temperance societies, adopting and inculcating the principle of entire abstinence from the use of ardent spirit as drink; and whereas the said Massachusetts Society, in common with other temperance societies, for several years past, has fully recognized the above principle in various resolutions unanimously adopted; and whereas it is very desirable, that a more complete and efficient organization of the Commonwealth than has hitherto existed for the promotion of temperance should now be formed; — therefore we, the present members of the Massachusetts Society for the Suppression of Intemperance, with grateful respect to the venerable founders of this institution, and with the earnest desire of promoting more effectually their humane and Christian design, do now adopt the following as the amended Constitution of said Society: —

Art. I. — This Society shall be called *The Massachusetts Temperance Society;* and its members pledge themselves, that they will not use distilled spirit as drink, nor provide it as an article of refreshment for their friends, nor for persons in their employment; that they will not engage in the manufacture of ardent spirit, nor traffic in the same; and that, in all suitable ways, they will discountenance its use in the community.

Art. II. — Any citizen of this Commonwealth may become a member of this Society, by signing this Constitution. It is provided, however, that all officers of temperance societies in this Commonwealth, adopting the principle of entire abstinence from ardent spirit as drink, shall, *ex officio*, be members of this Society; and that each county society, and society embracing a number of towns, and adopting the above principle, shall be allowed to send not exceeding ten delegates to the meetings of this Society.

Art. III. — The officers of the Society shall be a President, Vice-President, a Corresponding Secretary, a Recording Secretary, a Treasurer, and four Councillors; who shall be elected at the annual meetings, and together constitute a Board of Council for managing its concerns. Three of the above officers, one being the President or Vice-President, shall be authorized to act at any meeting regularly called. It is provided, however, that the officers of county societies, and societies embracing a number

of towns, adopting the principle of entire abstinence, shall, *ex officio*, be members of the Board of Council; it being expected, that said societies will furnish annual reports of their doings.

Art. IV. — The officers of the Society shall have power to fill vacancies which may occur during the year for which they shall be elected; to cause to be printed and distributed any tracts or essays; to correspond with temperance societies; to employ agents; and to take all other measures which they may deem expedient to promote temperance.

Art. V. — The annual meeting of the Society shall be held in Boston, in the month of May; and other meetings may be held where and when the Board of Council may direct; and whenever nine members of the Society shall, by written application addressed to the President, request him to call a meeting, he shall, on such request, call a meeting, as soon thereafter as may be.

Art. VI. — The Board of Council shall appoint a Committee, to be called the Committee of Finance, whose duty it shall be to devise ways and means for collecting money by subscription, donation, or otherwise, for the use of this Society; and who shall pay to the Treasurer all money by them so collected. And said Committee shall examine the Treasurer's accounts at some convenient time before the annual meeting, and certify the state thereof to the Board of Council, that the same may be reported to the Society at their annual meeting. And said Com-

mittee shall have power to authorize suitable persons, in the various parts of the Commonwealth, to receive subscriptions and donations for the benefit of the Society.

Art. VII. — It shall be the duty of the Treasurer to pay all demands against the Society, which the Board of Council shall order; and such order shall be a sufficient voucher for making such payment.

Art. VIII. — The Constitution may be altered at any annual meeting of the Society, provided that notice be given, in one or more papers printed in each of the counties, at least two weeks previous to said meeting, that it is intended to consider the expediency of altering the Constitution; and at such meeting, or any adjournment thereof, the majority of the members present shall have power, by their duly ascertained votes, to alter and amend this Constitution, as they may think expedient.

Sept. 24.

The Council voted, That one hundred gentlemen be invited to attend a meeting, for the purpose of considering and taking the best means of raising money for the promotion of the cause of temperance; and Messrs. Grant, Tappan, Brown, Sullivan, and Ripley, were appointed a Committee to make arrangements for procuring the above meeting.

The Secretaries were directed to prepare an address of the Massachusetts Temperance Society

to the citizens of the Commonwealth, which may accompany the public address of the Convention.

Sept. 30.

In pursuance of the vote of the Council of September 24, a meeting of citizens was held in the Supreme Court Room, on the 30th instant; and the following resolutions were submitted by them to the Council: —

Resolved, That it is expedient to have one or more permanent agents to lecture in this city and throughout this Commonwealth.

That it is the duty of the present Society to circulate through the press useful temperance publications, to interest and enlighten the public mind; so that the cause of reform may continue to advance, and the melancholy evils of intemperance may be banished from our otherwise happy land.

That it is expedient to raise at least five thousand dollars per annum, for five years, to carry into effect the foregoing resolutions; and that the government of the Massachusetts Temperance Society be requested to take immediate measures to that end.

Oct. 4.

At a meeting of the Council at the house of the President, measures were taken to carry the above resolutions into effect.

It was voted, That a public temperance meeting be called on Wednesday next; and Messrs. Grant,

Sullivan, Channing, and Ripley, were appointed to make the necessary arrangements.

Oct. 9.

A public meeting was held on the evening of October 9, at St. Paul's Church, by the invitation of the Council of the Massachusetts Temperance Society.

After prayers by the Rev. Dr. Stone, the purpose of the meeting was stated by the President. He went into a detailed account of the history of the Massachusetts Society; the objects it had endeavoured to accomplish in times past; and the present relation which it bore to the cause of temperance in this Commonwealth, in consequence of the change which had recently been made in its organization. He urged the claims of the Society on the citizens of Boston, as an important means of affecting public sentiment, and expressed the earnest hope that it would not be permitted to languish for want of encouragement and support from the friends of temperance in our community.

He was followed by the Rev. G. W. Blagden, who offered the following resolution: —

Resolved, That this meeting view with approbation the proceedings of the Worcester Convention, in the organization of the Massachusetts Temperance Society, and are ready to give it the aid of their pecuniary support, their personal influence, and their prayers.

He supported the resolution in an able address, and concluded with an eloquent and touching appeal to Christians to make this cause a subject of their prayers.

Horace Mann, Esq. then addressed the meeting, in support of the following resolution : —

Resolved, That the pecuniary interests of grocers and retailers throughout the Commonwealth, and especially in the city of Boston, would be greatly promoted by the entire disuse of ardent spirits, because of the increased ability of the community to purchase other kinds of commodities in which they traffic.

Rev. George Ripley offered the following resolution : —

Resolved, That, in the opinion of this meeting, the past success of temperance societies has been such as to reward the most sanguine hopes of their friends, and to encourage their efforts for the future.

He supported this resolution in an eloquent address, and concluded in the following words : — " We want nothing but sound argument and fair persuasion in this matter. We want no violence, — no attacks on personal character, — no dividing the community into warring interests. We want no intemperate friends of temperance. Let that portion of the community which is already awake to the importance of this subject come forward with their aid. Let those who have tongues to speak, speak. Let those who have money to give, give.

Let those who have hands to work, work. Let all classes, all professions, all interests, all parties, come up to this great cause of God and man. Let the magistrate lend the influence of his character, and the advocate the persuasion of his eloquence. Let the pulpit sound the alarm, and let the people spread it forth. Let the young men give the ardor of their youth, and the laboring men the strength of their arm, to carry forward this glorious work, till this beloved city of our habitation shall become a temperance city, — till old Massachusetts shall become a temperance State. Let this be done, Mr. President, and we may be sure that this great moral revolution will not go backwards."

After Mr. Ripley concluded his remarks, the meeting adjourned till the next evening.

Oct. 10.

The adjourned meeting was held in the same place, and a very large audience was present. The meeting was opened with prayer by Rev. Samuel Barrett.

George S. Hillard, Esq. offered the following resolution: —

Resolved, That the promotion of temperance in this city and Commonwealth is a subject of the deepest interest to the young men of Boston; and that, by adopting prompt, vigorous, and prudent measures for its success, they would confer a great and lasting benefit on the community.

Rev. E. S. Gannett next addressed the meeting, in support of the following resolution : —

Resolved, That much remains yet to be done for the promotion of temperance in the State of Massachusetts, and that the circumstances of the present time justify an increase of our efforts for that object.

Rev. Mr. Taylor offered the following resolution :

Resolved, That, in the opinion of this meeting, the use of ardent spirits by seamen is attended with the most dangerous and fatal consequences; and that it deeply concerns all who are interested in navigation, and in the welfare of the bodies and the souls of their seafaring brethren, to procure its speedy and total disuse.

After the singing of a hymn by the choir of St. Paul's Church, the meeting adjourned *sine die*.

Oct. 19.

The Council voted, That the Secretary of this meeting be requested to write to the Rev. Hosea Hildreth, and request him to commence his operations immediately as agent of the Society, by visiting the different counties in this Commonwealth, and collecting funds, as he has opportunity, in aid of the purposes of the Society, in addition to the regular duties of his agency.

Dec. 14.

The Council voted, That a Committee of publica-

tion and of distribution, to consist of five members, be chosen, whose duty it shall be to select and revise papers for publication, and to make arrangements for their general distribution; and Messrs. Sullivan, Warren, Grant, Ripley, and Stevenson, were chosen.

Jan. 11, 1834.

The Council voted to furnish each member of the Legislature with a copy of Mr. Sargent's address before the Society, with a copy of the proceedings of the Worcester Temperance Convention, and with copies of the tracts Nos. 1 and 2, published by the Council.

Feb. 8.

The publishing Committee reported to the Council as follows: — That, since the last meeting of the Council, they have caused to be sent to the Maine Temperance Convention, assembled at Augusta on the 5th instant, with a letter from the Secretary addressed to the President of the Convention, the following publications: —

Copies of the Temperance Journal	1000
Proceedings of the Temp. Convention at Worcester .	200
Mr. Sargent's Address at Annual Meeting	200
Mr. Sargent's Address before Seamen's Bethel Society	50
Tracts 1 and 2, published by the Council	200

The Secretary was instructed to send copies of the Society's publications to the Roman Catholic bishop.

Feb. 24.

The publishing Committee of the Council of the Massachusetts Temperance Society report the following distribution of temperance publications, printed by vote of the Council: —

Five editions of L. M. Sargent's Address before the Society in May last, a thousand copies each . . 5000

Of the Temperance Journal 12920

Distributed as follows, viz.: —Worcester Convention, 600; Members of the Legislature, 425; at various manufacturing establishments, 1000; State Prison, Charlestown, 250; Maine State Convention, 1000; Legislative Temperance Society, 300; among laborers in various parts of the city, 1175; for Rev. Mr. Taylor and Seamen's Bethel, 1759; the several City Missionaries and Ministers at Large, 975; at the various Temperance Lectures, after the Address by the Suffolk county agent, in the several wards, 5850.

Of the Worcester Proceedings 1000

Sent to all the Clergy, Maine Convention, and other distinguished individuals.

Of the License Law, at the Worcester Convention, and to members of the Legislature 500

Of Handbill, entitled "Hot Fire," &c. 2400

Of Tract No. 1, entitled "Comparative Profits," &c. 5400

Of Tract No. 2, entitled "Making Money," &c. . . 5000

Distributed as follows: — Maine Temperance Convention, 300; Members of the Legislature, 450; various County Societies, and in the city, 1200; in the several wards of the city, during Mr. Frost's labors, 1000.

Amounting in all to 32,200 various publications, or equal to at least 1,200,000 duodecimo pages.

Your Committee will only add, that, in their opinion, the expenditure of the Council for the foregoing publications has been productive of much good to the cause of temperance; and, if judiciously persevered in, and extended as the Society's funds may justify, cannot fail to produce an abundant harvest of good fruit, and greatly advance the temperance reformation. — Respectfully submitted by

Moses Grant,
George Ripley, } *Publishing Committee.*

Feb. 25.

A letter was read to the Council from the agent, noticing the obstacle to the progress of temperance which is presented by the moderate use of ardent spirits by respectable men.

March 7.

Messrs. Flint and Grant were appointed by the Council a Committee to obtain a meeting of the members of the Legislature who are friendly to the temperance reform, at some convenient time before the end of the present session.

March 26.

The Council met at the Court House with members of the Legislature and other gentlemen, in

accordance with the vote passed on the 7th instant. The meeting was numerous and respectable.

The Chairman stated, that the meeting was called for the purpose of a conference on the means of promoting temperance in every part of the Commonwealth. He enumerated the principal efforts and operations of the Council and their friends, since the Worcester Convention; — affirmed the strong desire of the Council, that county, town, and other local societies should be regularly organized and connected; and that they should be in regular correspondence and relation with the central body, the Council of the State Society.

Rev. George Ripley, in a long and animated address, urged the necessity of speedy attention to the organization of the local societies, as being vital to the progress and security of the temperance reform.

He proposed the following resolutions, which were unanimously adopted: —

Voted, That, in the opinion of this meeting, the temperance organization proposed at the Worcester Convention is highly important to the success of the temperance cause in this Commonwealth; and that the friends of temperance now present be requested to exert their influence to carry it into full effect.

That it is highly important for the county societies to take into their own hands the work of supplying the population within their limits with temperance

publications, and that the tracts of the State Society and the Temperance Journal be recommended for this purpose.

On the motion of Moses Grant, Esq. it was voted, That, in view of what has been done by the friends of temperance in one year in establishing temperance hotels and stores, in circulating temperance publications, and employing agents in the several counties of the State, and also by the voluntary public addresses and labors of gentlemen interested in this holy cause; and in view of the recent and unprecedented success of Daniel Frost, Esq. in the county of Suffolk; we have every encouragement to persevere in this benevolent enterprise, till the use of ardent spirit as a drink shall be banished from society, and, with it, four fifths of the crime and pauperism which so severely tax the time and purses of our fellow-citizens.

April 4.

A meeting of the Council was held at the house of the President.

It was voted, That the Secretary be directed to request Dr. Edward G. Davis and Dr. Marshall S. Perry to write two tracts; one on the physical and moral effects of drinking ardent spirits, and one more particularly on the physiological effects of alcohol on the human frame.

It was voted to defray the expenses which Dr. Perry may incur in the prosecution of his inquiries,

and that payment be made for the manuscript copies of the above tracts.

May 29.

The twenty-second anniversary of the Society was observed, May 29, 1834. A large number of members, including representatives from most of the county societies and from many of the town societies, met for business in the Supreme Court Room, at half-past three, P.M.

The agent, Rev. Mr. Hildreth, presented his annual report, which contained a view of the progress and condition of the reform in all parts of the State. The report was accepted, and it was voted to publish it without delay.

Moses Grant, Esq. read an extract from the Christian Register, relating to the prevalence of intemperance in the South Sea Islands, and the demoralizing effect produced there by the introduction of ardent spirits from abroad. He offered the following preamble and resolution, which were unanimously adopted: —

Whereas it appears by the publications of the British and Foreign Temperance Society, that the destructive effects of ardent spirit in the South Sea Islands are realized to a great extent, and that this spirit is carried to those islands, and sold by some of our own countrymen; and whereas, in the opinion of the Massachusetts Temperance Society, the drinking of ardent spirit is injurious to the

bodies and souls of men, shortens life, and tends to prevent intellectual and moral improvement; — therefore resolved, That the furnishing of ardent spirit, to be used as a drink, and especially to the unevangelized and partially civilized tribes of our fellow-men, is, in our view, a violation of the great principles of morality, and ought to be discountenanced.

Harrison Gray, Esq. offered the following resolution, which was adopted: —

Resolved, That this Society approve of the formation of the United States Temperance Union, and the resolutions adopted by that Union at their late meeting in Philadelphia.

Alden Bradford, Esq. of New Bedford, offered the following resolution, which was adopted: —

Resolved, That, in the opinion of this Society, the establishment of temperance hotels in all parts of our State is much to be desired; and that, where such already exist, it is the duty of the friends of temperance to use all suitable means to give them encouragement.

June 26.

It was voted to furnish to the members of the Convention — which, by invitation of the Young Men's Temperance Society, will meet in Worcester on the first day of July — two hundred copies of the Twenty-first Annual Report; and two hundred copies of tract No. 5, entitled "Plain Facts."

Sept. 9.

The Council voted, That an invitation, signed by the President and Secretary, be given to the officers of all the temperance societies in this city and vicinity to meet and consult on the best measures to be adopted to advance the temperance reformation.

Sept. 25.

The Council of the Massachusetts Temperance Society, having examined the Temperance Almanac published by Russell & Odiorne and Ford & Damrell, voted, That its extensive circulation would be useful to the temperance cause, and recommended to the several county societies to endeavor to procure its introduction into all the towns of their counties, and in other ways to promote its circulation.

Oct. 23.

The following resolution, offered by Dr. Flint, was considered by the Council, and laid over to the next meeting: —

Resolved, That it is expedient to prepare a petition, and to present it to the next Legislature, praying them to institute a commission of able, candid, and faithful men, to investigate the subject of intemperance, in its bearings on the economical, political, and moral interests of the Commonwealth, and especially to ascertain the relation which the manufacture of and traffic in spirituous liquors sustain to this vice, with instructions to report the

result of their inquiries to the next subsequent Legislature, together with a project of such enactments, if any, as their investigations shall indicate to be necessary or expedient.

Jan. 10, 1835.

The Council voted, that they approved of the plan proposed by the Suffolk County Temperance Society and the Young Men's Temperance Society, for a public meeting to be held in this city during the session of the Legislature; and that they would unite in the same.

Feb. 6.

The Council voted, that they deemed it highly important that each of the clergymen in this city should be requested to address his congregation on the subject of temperance.

The Council voted to invite Mr. Frost to come to Boston, and enter into the service of the Society as its agent.

May 29.

The twenty-third anniversary of this Society was held this evening, at the old Common Council Room, at half-past seven o'clock.

Rev. H. C. Wright offered the following resolution, which was unanimously adopted: —

Resolved, That this Society regard with the most cordial approbation those societies which are based on the principle of total abstinence from all intoxicating drinks, including fermented liquors.

Rev. John Pierpont introduced the following resolve, which was unanimously adopted: —

Resolved, That it is expedient to have a State Temperance Convention at Worcester, the present season; the time to be designated by the Council.

July 31.

The Council met at Dr. Warren's.

It was voted, That a Committee be appointed to express the high sense the Council entertain of the eminent services rendered the cause of temperance by the late Rev. Hosea Hildreth, Corresponding Secretary of the Massachusetts Temperance Society; and by the late Dr. J. Greeley Stevenson, its Recording Secretary.

Voted, That the Temperance Convention meet at Worcester, on the first Wednesday in September.

Voted, That Messrs. Grant, Flint, and Mann, be a Committee to make arrangements respecting the Convention, with power to change the day for meeting, if need be, and to instruct the Secretary to issue notices of the Convention without delay.

Sept. 23 *and* 24.

A Convention was accordingly held in the town of Worcester, and the following proceedings were adopted: —

As it has been proved by the experience of thousands in the United States, of all classes of persons, and in all kinds of lawful business, that abstinence

from the use, as a beverage, of all kinds of intoxicating liquor, is not only safe, but salutary: and as this is the only course in which it can be rationally expected that intemperate persons will ever be permanently reformed; and as the example and kind moral influence of the temperate are the grand means of leading the intemperate to adopt and pursue a course so essential to their present and future good: therefore,

1. Resolved, That the more extensively this course is adopted by all classes in the community, and especially by all members of temperance societies, the more rapid will be the progress of temperance, and the greater the prospects that drunkenness and its evils will cease.

2. Resolved, That the promptness and unanimity with which increasing numbers of young men are adopting the plan of abstinence from the use, as a beverage, of all intoxicating liquors, afford an exhibition which ought greatly to cheer the hearts of their fathers, and present an example which, if uniformly followed by youth of the United States, would not only save multitudes from drunkenness and ruin, but would tend to make that interesting class of our citizens benefactors of our country and of the world.

3. Resolved, That the universal diffusion of information with regard to the nature and effects of intoxicating liquor, and the benefits of abstinence from the use of it, may, in our view, be expected to

extend the temperance reformation till its blessings shall be universal.

4. Resolved, That the exporting from this country of intoxicating liquor, and its sale among the unenlightened and partially civilized nations and tribes of men, constitute, in our view, an immoral traffic, and ought to be discontinued.

5. Resolved, That the merchants and shipmasters who have excluded from their vessels intoxicating liquors as a drink have furnished an example, which, if universally followed, would save a vast multitude of valuable lives; and that they ought to receive the patronage of the community.

6. Resolved, That the practice of many insurance companies in insuring temperance vessels at a less premium than others, is highly beneficial to both merchants and seamen; and, should it be adopted by insurance companies in general, would greatly promote the safety of property, and the preservation of human life.

7. Resolved, That the increase of the number of public houses in which intoxicating liquor as a beverage is not sold, is highly auspicious to the cause of temperance; and, provided their accommodations are in other respects, as they should be, equal or superior to other establishments, that they will greatly promote the comfort of travellers, and the welfare of the community, and should receive the patronage of the friends of temperance.

8. Resolved, That, as the traffic in intoxicating

liquor, to be used as a drink, greatly increases the pecuniary burdens of the people, and is therefore unjust towards the community, it ought, in our view, to be voluntarily and universally abandoned.

9. Resolved, That it be recommended to all friends of temperance to adopt the principle of total abstinence from the use of all intoxicating liquors as a drink.

10. Resolved, That, as the license system throws over the selling of ardent spirit, to be used as a beverage, the shield of legislative sanction, and teaches the erroneous and destructive doctrine, that such selling of it is right, and required by the public good, when the facts show that it is wrong, and that the public good forbids it, that system ought, in our view, to be so changed, that, instead of licensing the evil, it shall only, so far as the voice of the people and the public good shall require, defend the community from its mischief.

11. Resolved, That it be respectfully suggested by this Convention to the Massachusetts Temperance Society, to establish in Boston, should they think proper, a Temperance Depot, under the care of a suitable Committee, where every book, periodical, or other work of value, in reference to the temperance cause, shall be collected and kept for the consultation of all who may choose to visit it.

12. Resolved, That the temperance reform has the strongest and best claims on the serious regard

of all men, and now especially commends itself to the attention of the educated and the wealthy.

13. Resolved, that the temperance reform is wholly a moral reform; and that it appeals to the affections, the conscience, and the intellect, in all the means it employs for its extension among men.

14. Resolved, That, as the temperance reform is the cause of all men, — as it involves the deepest interest alike of individuals and of nations, — it looks to all those who have especially devoted themselves to its active public service, for the exercise of a wise discretion, an independence of all merely individual personal opinions or prejudices, a wide philanthropy, and a consistent life.

15. Resolved, That, as opposition has ever been manifested to the progress of whatever has had for its object a great change in the customs of individuals or of nations, and as this opposition has had for its origin sincere doubts either of the expediency of the new measure, or of the means of prosecuting it, as well as mere prejudice, or an unenlightened self-interest, — it is the solemn duty of every sincere advocate of the temperance cause, in all his efforts for its progress, to seek for light for himself, and to diffuse it among others in a wise, humble, and generous spirit.

16. Resolved, That, as intemperance has its causes in a vast variety of circumstances which are either peculiar to the individual, or which grow out of his social condition, the temperance reform is not to be

regarded as temporary in its nature or operations: but that, to secure at all times its beneficial influences, it is to be cherished and preserved among the permanent and most important institutions of society.

17. Resolved, That, as the influence of woman is essential to the permanent prosperity of every good cause, we cannot but rejoice that it has been so extensively exerted for the promotion of temperance; and we would express the conviction, that, should this influence be perseveringly and universally exerted in favor of this cause, its triumphs would be complete, and its blessings extend to all future time.

18. Resolved, That the plan of the American Temperance Society for embodying a record of facts on this momentous subject in a permanent volume, with a view to the furnishing of a copy to every preacher, lawyer, physician, magistrate, officer of government, secretary of temperance society, teacher of youth, and educated young man, throughout the United States; and also to the sending of a copy to each missionary of all denominations, who has gone, or may go, to heathen lands, — and to distinguished philanthropic men in all parts of the world, — meets with our cordial approbation; and its execution would, in our view, be the means of extensive blessing to the world.

Voted, That the Council of the Massachusetts Temperance Society be requested to publish the

proceedings of the Convention, and a suitable address to the people of Massachusetts on the present state of the temperance reform; and that a copy be sent to each member of the Convention.

Dec. 11.

The Council voted, That Messrs. Lothrop and Flint be a Committee to consider what steps should be taken to extend the temperance reform to the Catholics of this city, and to obtain the co-operation of the Catholic Clergy.

May 27, 1836.

The Society held its twenty-fourth annual meeting on Friday evening, May 27.

Moses Grant, Esq. spoke of the necessity of increased effort to carry on the temperance reform, and of the importance of raising more money than heretofore had been raised, as the Council had an agent about to commence his labors. He alluded to a recent Convention held in this city, where, in a few hours, over six thousand dollars had been raised for an object where there was less union than on the subject of temperance. He said the agent must have temperance publications to carry along with him, in order to sow the seed, as well as prepare the soil. For this, money was required. He concluded by introducing the following preamble and resolve, which were unanimously adopted: —

While we view with gratitude the great progress of the temperance reformation, which had its efficient origin in the formation of the Massachusetts Society for the Suppression of Intemperance, and while we rejoice that the little one has become a mighty host, yet we have melancholy evidences of the continued effects of intemperance in the pauperism and crime which prevail about us; —

Therefore resolved, That we consider it our duty to raise in this State five thousand dollars, to be expended in employing agents and circulating publications for the progress of the sacred cause the present year.

Rev. Mr. Hinds introduced the following resolution, with a few remarks on the importance of training up the young correctly: —

Resolved, That this Society most cordially approve of *all* judicious measures of interesting the young in the great subject of temperance, that they may be trained to avoid the use of intoxicating liquors.

J. C. Converse, Esq. offered the following resolution: —

Resolved, That we cordially approve of the exertions making by the Boston Port Society, and the Seaman's Friend Society, to establish temperance boarding-houses for seamen; and that the aid of all the friends of temperance should be given to prevent our seafaring brethren from the fatal effects of intemperance. — Adopted.

After an appropriate notice of the Irish character,

honorable to the people as a nation, and an allusion to the mighty influence which the Irish Temperance Society, recently formed in this city, would have on the great cause, Stephen Fairbanks, Esq. offered the following resolution: —

Resolved, That it affords us peculiar pleasure to know, that a temperance society has recently been formed in this city, by our Irish brethren, on the highly praiseworthy principle of an entire freedom from all sectarian difference in religion. — Adopted.

Otis Thompson, Esq. offered the following resolution: —

Resolved, That we most cordially approve of the recommendation of the American Temperance Union for a Convention to be held at Saratoga in August next, and that this Society will co-operate in carrying the same into effect. — Adopted.

Horace Mann, Esq. made an address, of some length, upon the following important resolves; in which he noticed the progress of the temperance cause, the difficulties it had overcome, and its present prospects. He paid a just tribute of praise to the city government and county commissioners, for their firm and decided measures in aid of the friends of temperance, who were laboring for the happiness of the community. — The resolutions were adopted.

Resolved, That the Massachusetts Society regard with sincere and hearty approbation the co-operation of the city government of Boston, in promoting the

cause of temperance, both by diminishing the number of licenses granted, and by withholding innholders' licenses from applicants who have not the qualifications required by law.

Resolved, That the county commissioners of the several counties of the Commonwealth, who have refused to grant licenses for the sale of ardent spirits, deserve the warmest thanks of all the friends of humanity.

Ruggles Slack, Esq. offered the following resolution: —

Resolved, That it be recommended to the Council of this Society to consider the subject of a New England Convention of the friends of temperance, to be holden at such time and place as may be thought best calculated to cause a deeper interest in this momentous subject. — Adopted.

The meeting was uncommonly interesting; and much zeal was evinced, which, it is believed, will result in vigorous action to advance the blessings of temperance.

Jan. 21, 1837.

The Council met at the President's, and adopted the following resolutions: —

Resolved, That the Council take measures for the celebration of the simultaneous meeting of the friends of temperance, on the last Tuesday of February next, at the Odeon.

Resolved, That gentlemen be invited to address this meeting on the subject of the license laws, and on the free use of intoxicating drinks in mixed companies; and also on the importance of an abundant and constant supply of pure water, as a means of temperance and health.

Resolved, That application be made to Messrs. Mann, Brownson, Alvord, Flint, G. S. Hillard, Taylor, and Rantoul.

May 26.

The annual meeting of the Massachusetts Temperance Society was held on Friday evening, the 26th of May, 1837, at the Old Court House.

After the reading of the annual report, John Tappan, Esq. observed that he had listened to it with great pleasure, but would submit, for the consideration of the Society, two amendments, qualifying some remarks in the report on the influence of the rich, especially in cities and large towns, on the progress of the reform, and on the tendency of the times to produce intemperance.

Stephen Fairbanks, Esq. seconded the motion for these amendments, and supported them by a few pertinent observations. Mr. Sheafe also addressed the meeting on the same points. The amendments were unanimously adopted.

The report is a very interesting document, showing the doings of the Council during the past year, and the present state of the temperance reform.

Peter Mackintosh, Esq. introduced the following resolution with a few appropriate remarks: —

Resolved, That we view with much pleasure the steady progress of the temperance reform, and in particular within our own State, where, in six of the fourteen counties, no licenses are granted for the sale of ardent spirits. — The resolve was adopted.

Rev. F. T. Gray addressed the meeting in a very impressive and touching manner. Alluding to his daily walks as one of the ministers to the poor, he stated facts calculated to awaken the most indifferent, and increase the zeal of the best friends of temperance. He particularly dwelt on the immense good the circulation of the Society's publications had done, and stated remarkable instances of the blessed influences of these winged messengers of mercy. He urged the importance of continued effort in the cause, from the encouragement furnished by the deep interest of the young in this subject. He presented the following resolution, which was adopted: —

Resolved, That in no view of the great subject of temperance are we so much encouraged to expect its final triumph, as in our efforts to train up the young in total abstinence from the use of all intoxicating drinks.

John Ball, Esq. offered the following important resolutions in a brief address, in which he urged the duty of enforcing the salutary law passed at the recent session of the Legislature. He stated some

appalling facts on the use of intoxicating drinks on the Sabbath, and the consequent awful effects on society, and in particular on the young men, too many of whom spent the day of sacred rest in dissipation.

He was followed by Moses Grant, Esq. on the subject of a vigorous effort to sustain the law in question. He stated that public opinion was in its favor, and that it only needed our police officers to be firm and decided temperance men to carry it into effect.

Resolved, That this Society regard the law passed at the recent session of the Legislature, prohibiting the sale of all intoxicating drinks on the Sabbath, as one of the most wise and salutary ever enacted, as it adopts the highest principles of a moral reformation, by substituting the prevention of an evil for its remedy.

Resolved, That we consider it due to the Legislature, as well as to the public, to give all the aid in our power in enforcing the law referred to; and that we believe such a service would be one of the most patriotic and benevolent which a good citizen could render to the State.

The Rev. E. T. Taylor, on the same resolves, spoke in a truly happy and powerful manner on the violation of the Sabbath by selling intoxicating liquors, and its direful influence on his "sailor-boys." He dwelt on the great progress the cause had made the past year, during which he had lec-

tured in various parts of the country; and he regretted to see, that Boston was far behind the country in the good cause of temperance. He urged the need of an efficient police, to see that the law of the Sabbath, on the use of intoxicating liquor, was enforced.

Dr. Walter Channing introduced the following resolution with a few remarks on the necessity of active, persevering efforts in carrying forward the cause of temperance, and on the utility of conventions for that purpose: —

Resolved, That it be recommended to the Council of this Society to consider the expediency of calling a State or New England Convention of the friends of temperance, to be convened at such time and place as they may appoint, to consider the present state of the temperance reform.

June 1, 1838.

The annual meeting of the Society, for business, was held in the Common Council Room, old Court House, Friday evening, June 1.

From the report of the publishing Committee, it appears that the publications of the Society the past year amounted to 340,000 duodecimo pages. The various works embraced in this enumeration have been extensively and gratuitously circulated throughout the Commonwealth.

The following resolution, offered to the meeting by Chas. Tappan, Esq. was unanimously adopted: —

Resolved, That, in order to carry on the temperance reform, and maintain the high ground on which it now stands, it is expedient to raise three thousand dollars for the employment of agents and publishing temperance documents.

Col. J. M. Fessenden offered the following resolutions, which were also unanimously adopted: —

Resolved, That the temperance reform is a moral reform; that, through its whole history, it has labored to produce moral convictions in regard to its great principles, and to make these principles the rules of practice.

Resolved, That, in conformity with the moral character of this cause, its friends, having by precept and by example taught its doctrines everywhere, both to the individual and to communities, as they believe, have obtained for the cause the public favor, and, in the States of Tennesee and Massachusetts, received for the reform the strongest expression of public moral sentiment; viz. a repeal of the existing license laws, and the passage of new laws making the retail traffic in ardent spirits, as drink, penal.

Resolved, That, in our opinion, the formation of temperance societies, upon such principles as the views of different communities may deem best, is to be encouraged, in the belief that an honest desire and purpose to promote temperance must always produce good results; and in the further belief, that

in due time the utmost desirable conformity will be brought about.

Resolved, That it is the earnest wish of all the friends of this cause to bring every one within its happy, life-giving influence; and that they feel it to be their duty to receive into their number every human being, of whatever temperance creed, who, in a sincere desire for light and for strength, asks to be enlisted into its service.

Resolved, That at no period of its history has the cause presented a stronger claim on public confidence and support, than at the present time; and that its friends are to enter upon and continue in its labors with renewed zeal, and neither to tire nor to faint, while any, the least, occasion remains for their ministry. This work is a noble work, and is intimately connected with any and every attempt to promote the best progress of the human race.

Resolved, That we regard the present time as singularly favorable for the adoption and practice of the principles of this reform. When was there a period in our history, when the whole circumstances of the nation were so seriously depressed; when capital in all its kinds, and industry in all its uses, were so prostrated; and when the question of remedy was so serious, and about which the answer is so fearfully perplexed? At such a time, let the friends of this cause carry forward the great work. Let them interest in it the good, the wise, and the powerful, throughout the land, as an institution

having public virtue for its object, and public order and prosperity for its surest rewards.

Resolved, That this cause regards the young as its peculiar hope; that, in educating them on its principles, a community will at length be formed, upon whom the strong power of habit, of interest, or prejudice, will have no influence; that they will revise the whole existing code of society, and form one having for its first principle and basis the paramount obligation of perfect temperance.

Resolved, That the simultaneous meetings of the friends of temperance throughout the world are an expression of public sentiment, in regard to the reform, of deep interest and importance; and that their effect must be to promote it, by calling to its ranks such individuals and classes as have, from indifference, prejudice, or contempt, been directly or indirectly opposed to its progress.

Rev. Gardiner B. Perry offered the following resolution, which was also adopted: —

Resolved, That we view with much satisfaction the praiseworthy example of those persons who have at any time, and some quite recently, relinquished the traffic in ardent spirits.

In support of this resolution, the mover spoke of instances in which the traffic had been abandoned. One had particularly interested him. A person with whom he was well acquainted had long sold ardent spirits as drink, and had defended the sale

on the ground of law alone. It was legal to sell, and what was legal was right; nay, he urged the ground of duty as requiring him to sell spirits. "But," said he, "when the law was changed, I at once gave up the traffic. I was resolved to be consistent; and what I had done under the sanction of law, I resolved at once not to do when the law was repealed; and I have sold no spirits since." — This instance is a very important and striking one. It shows a fixed purpose to be governed, in a matter of supposed great interest, by the law of the State; a purpose as honorable as it is wise.

The following resolution was offered by Moses Grant, Esq. in order to carry into effect the first resolution: —

Resolved, That a Committee of three be appointed to collect by subscription the sum of three thousand dollars, for the purposes of the Society the ensuing year.

Few meetings of the Society have been more interesting than the one of which the above is a brief record. Every one present manifested the deepest concern for the success of the cause in support of which they had come together. Every thing that was said showed the strongest confidence in its final success. It was in its truth that this confidence was seen to have its growth; and, with this principle for its sanction, it must prevail.

May 30, 1839.

At the annual meeting of the Society, the following resolves were presented and adopted: —

Resolved, That the law of 1838 deserves our support. The principles are fully established, viz. that the retail traffic in spirituous liquors in small quantities is injurious to individuals, to families, and to communities; and that it is the duty of legislators to make such laws as will effectually abate such "nuisance."

Resolved, That the friends of temperance must regard the present as a most important time in this cause. Never was public attention more fully awakened to its interests; never was the prospect brighter of its widest success.

Resolved, That, in the opinion of this meeting, the following declaration, contained in a minority report of a Committee of the Legislature of 1839 on the "Law regulating the sale of spirituous liquors," is sound doctrine; viz.: —

"All common dram-shops are hereby declared to be public nuisances; and it shall be the duty of the Selectmen of any town, and of the Mayor and Aldermen of any city, to proceed against any common dram-shop within said town or city, and the person or persons keeping the same, in the same manner that a Board of Health or of health officers is authorized by the Revised Statutes to proceed in the prosecution for and removal of nuisances, sources of filth, and causes of sickness." — Sec. 4, p. 27.

Resolved, That those individuals who, amid the reproach and obloquy which have been cast upon them by the opponents of the law of 1838, with great labor and self-sacrifice are exerting themselves effectually to enforce said law, are well deserving the approbation and gratitude of every friend of temperance.

Resolved, That we hear with great pleasure that the friends of temperance in this city propose to celebrate the ensuing 4th of July on temperance principles, by a public dinner at Faneuil Hall; and we hope that temperance celebrations of the day may be held throughout the Commonwealth.

May 29, 1840.

J. H. Purkitt, Esq. from a Committee of the Council, offered the following resolutions: —

1. Resolved, That the temperance cause holds a most responsible and important place in the system of agencies by which the world is to be morally "redeemed, regenerated, and disenthralled."

2. That the Society renewedly commend the cause of temperance to the blessing of Almighty God, to his servants in the churches, and to the philanthropists of the world.

3. That it is matter of devout gratitude, that the cause of temperance is the cause of the world; and that, among all nations, men may labor in it with the hope of equal success.

4. That, on a review of the operations of this Society, and the Divine favor with which they have been attended, there is no reason for discouragement; but, on the contrary, the Society perceive abundant cause for a grateful continuance and more zealous prosecution of their labors during the ensuing year.

5. That this Society invite the serious attention of clergymen, and of Christians generally, to the powerful moral influence that, with the Divine blessing, may be exerted by their instrumentality in connection with this glorious work; and that they be requested to give to it, and to all engaged in it, their cordial and active co-operation.

6. Resolved, That the principles of the temperance reform are principles of morality and religion; that they have a deep foundation, and are warmly cherished by the good and the wise, both in Europe and America; that blessings multiply wherever they have hitherto prevailed, in every part of our country and of the world; and that they embrace within their benevolent scope every portion of the human family, — showering their benefits on all alike, whether poor or rich, whether bond or free.

7. Resolved, That the principles of temperance, by laying the foundation of public and private virtue, provide the best preservative for our rights and liberties, and the best guarantee for the peace and good order of society; and that, in this view,

they deserve the special patronage of the statesman and the patriot.

8. Resolved, That the principle, that the *tempter* is always more guilty than the tempted, the *seducer* than the seduced, the *corrupter* than the corrupted, and the *betrayer* than the betrayed, is equitable in law, correct in morals, and sanctioned by the Scriptures; — *whereas*, according to the code of law under the Mosaic dispensation, " If an ox gore a man or a woman that they die, then the ox shall be stoned, but the owner shall be quit; but if the ox were wont to push with his horn in time past, and it hath been testified to his owner, and he hath not kept him in, but that he hath killed a man or a woman, the ox shall be stoned, and his owner also shall be put to death; " — and whereas the principle of this law is eternal and unchangeable, and consequently as imperative upon us as on any individuals or people in past time: therefore,

9. Resolved, That every man is responsible for " the natural and foreseen consequences of his acts," and for all the evils which result from his selfishness, or his indifference to the welfare and lives of others.

10. Resolved, That this Society most respectfully and earnestly entreat all those dealers in intoxicating drinks who recognize the supremacy of the moral sentiments and of conscience, and their accountability to God, to pause and reflect on the nature and consequence of their business, and to ask them-

selves, whether, in view of the light which has been shed on their understandings, — in view of the solemn and awful truths which have been promulgated within their hearing and reach, — and, above all, in view of the judgment of the great day, — they ought not instantly to abandon a business pregnant with such untold and unutterable evils.

These resolutions were unanimously adopted.

Stephen Fairbanks, Esq. next offered the following preamble and resolutions: —

Whereas distilled spirits have, from the foundation of our government, been a common article of merchandise, under a limited restriction only, in consequence of which the State sovereignties have formed penal enactments, by their authority, not only embarrassing, but often of a tendency to retard the temperance reform: therefore

Resolved, That, in the opinion of this Society, the friends of mankind and the lovers of humanity throughout this extended country should concentrate their strength, and make an appeal to the Congress of the nation, for the enactment of such prohibitory laws, in relation to the importation and distillation of spirits, as in their wisdom will best prevent the alarming evils of intemperance.

Resolved, That the recent progress of the temperance reform in Ireland is an occurrence which calls for the most sincere and devout thankfulness of every friend of true freedom. May the pioneers

and veterans in the cause see to it that they emulate the noble-hearted people of that country, in the judiciousness of the means by which such astonishing effects have been produced.

The following resolution was offered by Moses Grant, Esq. and adopted: —

Resolved, That it is expedient to raise three thousand dollars, the present year, to extend the operations of the Society, and to advance the temperance reform; and that the Council will adopt all such measures as may enable them to carry this resolve into effect.

At the close of this meeting, Mr. Mellen moved, That it be recommended to the Council to consider the expediency of addressing a communication to the Emperor of China, expressing the hearty sympathy of this Society in his noble efforts to suppress the opium trade, and so to remove from his subjects the most fruitful source of misery and crime, and to offer the sincerest wishes of the Society for the success of his humane and most highly honored determination.

May 28, 1841.

The twenty-ninth anniversary of the Massachusetts Temperance Society was celebrated, May 28, 1841.

The following resolutions were introduced by the Secretary: —

1. Resolved, That from the whole world is coming a voice of promise and encouragement to this cause, hitherto unknown to it; that this wide sympathy demands its fullest expression from those who have been longest in the temperance ranks, and, with this expression, a liberal provision for the daily increasing pecuniary necessities of the cause.

2. Resolved, That the new, the wholly original form in which the reform now presents itself, — that of the intemperate themselves becoming its apostles, and making its most efficient societies, — is a fact, not only in the history of the cause, but in the world itself, of unparalleled interest; and as it is a direct manifestation of the blessed influence of God himself upon men, so it demands our deep, our devout gratitude.

3. Resolved, That the visits of Messrs. Hawkins and Wright, delegates from the Baltimore Washingtonian Temperance Society, should be regarded as a public benefit to this city and to this State, inasmuch as, by their eloquent and frequent appeals, they are awakening the intemperate here from the sleep of death; are giving peace to many families; will save to the public treasury a great waste of money, the produce of honest industry; and thus increase to every citizen the means of personal and relative good.

4. Resolved, That, while the reformed are regarded as thus blessed, a duty is left for us to perform; and that we shall be answerable for its neglect.

This duty is such a provision for their moral as well as physical wants, as is demanded by their whole condition and circumstances, and the neglect to provide which may lead to the most disastrous consequences.

5. Resolved, That to those who have entered the ranks of temperance, and who have hitherto pursued, but have now abandoned, a business which directly produced intemperance, by which they got great gain, — to all such we say from the heart, "Welcome, brothers; welcome, advocates for the best good of man; welcome, ye who so cheerfully offered on the altar of humanity your willing sacrifice! and may you be blessed of God that you have done so."

6. Resolved, that our city government, in refusing licenses to the great majority of applicants, have done service to the cause; but what a mightier work and service is this, which has reformed the drunkard, — which has shut up the bar-room, — which has made the trafficker an active agent in the good cause! Truly, in a few days, licenses will be a byeword and a reproach, and men will shrink from them as from "nuisances" and a pollution; the Committee for granting them will come to an end; and a government only for good, for peace, for joy, to the whole city, will no longer be asked to be the agents in the city's widest misery.

7. Resolved, That the news from Ireland, by every fortnight's steamer, is full of the progress of tempe-

rance; and we renewedly bid it "God speed." To the Irish in our own city and land who have come heart and soul to the cause, we give a hearty welcome, and say to them, and to their countrymen everywhere, "Be faithful to the good cause."

8. Resolved, That an anniversary of this Society should never pass by, without a distinct reference to its origin and its founders. It had its origin in the wide-spread and increasing intemperance of the time. It was founded by wise and good men, who had only in view the public good. Let the names of Dexter, of Dane, of Strong, of Lathrop, and of their associates, be ever held dear by the friends of the cause. They were among the first, who, by a wide State organization, attempted to arouse the minds of the State, the nation, and the world, to the paramount claims of a temperance reformation.

Feb. 8, 1845.

At a meeting of the Council at the house of the President, a letter was read from J. J. Dixwell, Esq. an executor of the will of the late John Parker, to Dr. J. C. Warren, President of the Society, informing him that in said will a legacy of four thousand dollars was made to the Massachusetts Temperance Society, and stating that the money was ready to be paid over to the Society, whenever a proper discharge was made to him, the executor, of all obligations to any other body or persons for said legacy.

It was voted, That the Society gratefully accept the legacy of four thousand dollars, of the late John Parker, to the Massachusetts Temperance Society.

Feb. 15.

Mr. Dixwell having stated that he should not feel authorized to pay over the money, unless the Society should first be incorporated, it was voted, at a meeting of the Council, That the Society apply for an act of incorporation of the general court in its present session.

March 25.

NEW ORGANIZATION OF THE SOCIETY.

A meeting of petitioners for an act of incorporation, under the style and title of the "Massachusetts Temperance Society," was held this day in Hall No. 3, Tremont Temple. Present — John Collins Warren, Henry Edwards, Stephen Fairbanks, Charles Brown, Moses Grant, Walter Channing.

It was voted, That the meeting be organized by choosing a Chairman and a Secretary.

John C. Warren was chosen Chairman; Walter Channing, Secretary.

The following act of incorporation was then read, and unanimously adopted: —

Commonwealth of Massachusetts. — In the year one thousand eight hundred and forty-five. — An

act to incorporate the Massachusetts Temperance Society.

Be it enacted by the Senate and House of Representatives in general court assembled, and by the authority of the same, as follows: —

Sec. 1. — John C. Warren, Moses Grant, Walter Channing, Stephen Fairbanks, Henry Edwards, Charles Brown, their associates and successors, are hereby made a corporation, by the name of the Massachusetts Temperance Society, with all the powers and privileges, and subject to all the duties, restrictions, and liabilities, set forth in the forty-fourth chapter of the Revised Statutes.

Sec. 2. — The said corporation may take and hold real and personal estate to an amount not exceeding fifty thousand dollars, provided that the annual income thereof shall be appropriated to the purpose of promoting the cause of temperance.

Sec. 3. — The said corporation shall be capable in law to receive any bequest heretofore made or given to the association heretofore known as the Massachusetts Temperance Society.

Sec. 4. — This act shall take effect from and after its passage.

House of Representatives, March 4, 1845. — Passed to be enacted, Samuel H. Walley, Jun., Speaker.

In Senate, March 5, 1845. — Passed to be enacted, Levi Lincoln, President.

March 5, 1845. — Approved, Geo. N. Briggs.

Secretary's Office, March 7, 1845. — A true copy. — Attest: John G. Palfrey, Secretary.

NEW CONSTITUTION OF THE MASSACHUSETTS TEMPERANCE SOCIETY

Messrs. Grant and Brown were chosen a Committee to report a Constitution.

The following draft of a Constitution was reported, discussed, and adopted: —

ART. I. — *Title.*

This Society shall be called the MASSACHUSETTS TEMPERANCE SOCIETY.

ART. II. — *Membership.*

Any citizen of Massachusetts may become a member of this Society, by signing this Constitution, by paying five dollars on admission, and by paying two dollars annually while he retains his membership.

ART. III. — *Officers.*

The officers of the Society shall be a President, a Vice-President, a Treasurer, a Secretary, and four Councillors, who shall be elected at the annual meeting; hold office until they resign, or others are elected in their stead; and shall together constitute a Board of Council for managing its concerns. Three of the above officers, one being the President or Vice-President, shall be a quorum authorized to act at any meeting regularly called.

ART. IV. — *Filling Vacancies, &c.*

The officers of the Society shall have power to fill vacancies in their number, to cause to be printed tracts or essays, to correspond with temperance societies, to employ agents, and to take all other measures which they may deem expedient to promote temperance.

ART. V. — *Meetings.*

The annual meeting shall be held in Boston, in the month of March; and other meetings may be held where and when the Board of Council may direct. And whenever nine members of the Society shall, by written application addressed to the President, request him to call a meeting, he shall call one as soon thereafter as may be.

ART. VI. — *Finance Committee.*

The President, Treasurer, and one Councillor, for the time being, shall be a Finance Committee, to accept and receive such donations as have been or may be made to the Society, and to invest all such as may equal or exceed five hundred dollars in the Hospital Life Insurance Office; which investments shall for ever constitute a permanent fund, the income of which shall be appropriated to the current expenses of the Society. The same Committee shall audit the Treasurer's account, and report, at the annual meeting, the state of the treasury.

ART. VII. — *Treasurer.*

It shall be the duty of the Treasurer to pay all demands against the Society; the approval of the President, or, in his absence, of the Vice-President, being a sufficient voucher for making such payment.

ART. VIII. — *Alterations.*

This Constitution may be altered at any annual meeting of the Society, provided that notice of such intended alteration be given at a previous meeting of the Society, and provided that such notice be published in the advertisement for the annual meeting, and two thirds of the members present vote for such alteration.

Voted, That Messrs. Edwards and Brown be a Committee to report the names of members.

Meeting of the Society dissolved.

The Board of Council met immediately after the meeting of the Society was dissolved.

Mr. Charles Brown was chosen a member of the Financial Committee.

Voted, That the President, John C. Warren; Treasurer, Moses Grant; and Charles Brown, Councillor of the Massachusetts Temperance Society, be a Committee to receive the legacy from the executors of the last will of the late John Parker, and give the necessary vouchers therefor.

March 27, 1846.

At a meeting of the Council at the house of the President, the Committee chosen to receive the legacy of four thousand dollars reported that they had duly received the same, — had given the required vouchers, and had placed it in the Massachusetts Hospital Life Insurance Company in trust for the use of the Society, and had received a policy for the same, which they gave into the hands of the President of the Society.

It was voted, That the President be authorized to deliver to the Treasurer the policy received of the Massachusetts Hospital Life Insurance Company.

The President accordingly delivered the policy to the Treasurer.

Within the last two years, the Council have issued various questions for prize dissertations relating to the best means for advancing the cause of temperance, and have paid premiums to those persons whose dissertations were considered worthy. They have also printed them, and given to them an extensive circulation.

Jan. 1, 1848.

The Council met at the house of the President, January 1, 1848.

It was voted, That the President and Secretary be a Committee to publish an article, by Dr. Forbes,

in the British and Foreign Medical Review for October, 1847, entitled, "The Physiological Effects of Alcoholic Drinks;" and, in an introduction, to give some account of the origin of the temperance movement in this country.

Feb. 9.

A meeting of the Board of Council was held at the house of the President.

Dr. Warren presented a manuscript, containing a review of the past history of the Society, with extracts from the Records, together with the very able article by Dr. Forbes, of England, and published in the British and Foreign Medical Review. A considerable portion of the manuscript was read to the Board; and it was voted to commit the whole subject to the same Committee, with instructions to publish the manuscript and Dr. Forbes's article; or such parts of them, and in such form, as they may deem expedient.

CONCLUSION.

From the earliest period of the Society, measures were taken to give the greatest publicity to its acts. Meetings were fully notified by the public press. Circulars, embracing the plans of the Society, the statistics of the reform, and, indeed, all that came within its objects, were diffused through-

out the Commonwealth to auxiliary societies, to clergymen, to physicians, and other influential men. The annual reports were printed, and gratuitously and extensively distributed. Reports of the public meetings were, by the Society's direction, inserted in the newspapers of the day. The agents adopted carefully devised methods both of obtaining and of diffusing information. Temperance documents were appended, at the Society's expense, to the Farmer's Almanac. Conventions, called and managed by the agents of the Society, were held, from time to time, in convenient places; and many plans of improvement were proposed and adopted, which never found their way into the records.

The Massachusetts Temperance Society — having, through its influence, combined with that of other societies, and of various of the city governments and State Legislatures, seen the temperance principles in active operation — thought it best not to interfere with the movement so successfully begun, but to leave to others the more active and public demonstrations; while they themselves continued to work in a more quiet way, until circumstances should arise to call for their renovation.

One of the movements which principally influenced the Council of the Massachusetts Temperance Society was that of the Washingtonians, begun in Baltimore, in the year 1840, by reformed drunkards. It spread itself widely throughout the country, and continues to operate to the present day.

Another very important movement was the enforcement of the License Law, which, after being strenuously resisted on the ground of unconstitutionality, was finally carried to the United States Court at Washington, and pronounced to be constitutional.

This decision was followed by one in Boston, adopted by the Mayor and Aldermen, which, by the casting vote of the Mayor, prohibited licenses for the retailing of spirituous liquors.

The onward movement has been aided in the city of Boston by annual simultaneous meetings, by frequent and generally very full assemblies of citizens, and by occasional celebrations conducted by children and youth.

While we are unable to make mention of the names of excellent individuals who have distinguished themselves by their labors in the cause of temperance, there is one whom we cannot without injustice omit to designate. The prodigious efforts and sacrifices which have been made by EDWARD C. DELEVAN, Esq. of Albany, are well known to the present generation, and ought to be transmitted to remote posterity.

We may conclude with saying, that, viewing the temperance reform as it displays itself in different nations, on different continents, and, in fact, throughout the civilized parts of the whole earth, we may perhaps consider it as the grandest moral reform that is known within the historic period.

LIST OF PUBLICATIONS.

It has not been possible to prepare a complete list of the Society's publications; but that which follows will give some idea of the amount of influence exerted through the agency of the press.

An edition, usually two thousand, and sometimes three thousand, of the Report read before the Society at its annual meetings.

An edition, usually two thousand, of the Annual Public Address delivered before the Society. The Address of L. M. Sargent, Esq. passed through five editions. A second and even a third edition of these Addresses was not uncommon.

1813. Two thousand copies of the Constitution.

Two or three different Circulars, with Questions, the answers to which would be of use to the Society.

1815. Cheap Tracts were prepared and published by a vote of the Society.

1819. Two thousand copies of the Constitution.

1826. A Letter to the Clergy.

1827. The Report, Resolutions, and Proceedings of the Julien Hall Meeting. Published also in the newspapers.

1828. A Circular on the Advantages of Public Meetings.

1829. A Letter of Judge Parker.

1831. A Circular on raising Means to support an Agent.

Ten thousand copies of a Circular of the New York State Convention.

Seven thousand copies of a Letter to the Mechanics of Boston, respecting the Formation of a City Temperance Society, from a Committee of the Massachusetts Society for the Suppression of Intemperance.

1832. A Letter of Hon. Levi Woodbury, Secretary of the Navy.

1833. The Agent's Report.

Examination of the License Law of the State of Massachusetts, by L. M. Sargent, Esq.

Memorial to the General Court, circulated for Signatures in every County in the State.

Circular for a Convention at Worcester.

Proceedings of the Massachusetts Temperance Convention held at Worcester, September, 1833; with a Circular.

Twenty thousand copies of "The Drunkard's Progress," appended to the Farmer's Almanac.

A donation of ten thousand copies of the "Ox Discourse," in the Albany Temperance Recorder.

The Agent's Circular to the Town and County Societies.

1834. Thoughts on the Origin, Nature, Principles, and Prospects of the Temperance Reform, by Walter Channing, M.D.; from the American Quarterly Observer.

Five thousand copies of each of the following Tracts:

1. Remarks upon the Comparative Profits of Grocers and Retailers, as derived from Temperate and Intemperate Customers; by Horace Mann.

2. Making Money by Selling Rum.
3. Doings of the Council of the Massachusetts Temperance Society.
4. Proceedings of the Suffolk County Temperance Society, at the simultaneous Celebration at Faneuil Hall, Feb. 25, 1834.
5. Twelve thousand copies of "Plain Facts."

One hundred thousand copies of "The Drunkard's Progress."

1835. Proceedings of the Temperance Convention held in Boston, Sept. 23, 1835, in pursuance of an Invitation of the Massachusetts Temperance Society to the Friends of Temperance; — with an Address to the Friends of Temperance.

A Collection of Temperance Hymns.

Tracts, entitled, "Cranberry Meadow." — "Deserted Village." — "Jotham Anderson." — "Bar-room." "Doings in a Spirit Shop."

The Temperance Tales, gratuitously distributed; viz. "My Mother's Gold Ring," — "Groggy Harbor," "The Stage Coach," &c.

1837. Three thousand copies of Rev. William E. Channing's Discourse.

Report of a Committee of the General Court on the subject of the License Law.

Hon. Peleg Sprague's Argument in support of the License Law of 1838.

The Temperance Reform, or a Review of "Scenes in Boston," from the Christian Examiner.

Youths' Temperance Lecture.

Many thousand copies, yearly, of the Temperance Journal, and other Temperance Publications, as Show and Hand Bills, Circulars, &c.

PRESIDENTS.

Hon. Samuel Dexter	1813—16
Hon. Nathan Dane	1816—21
Hon. Isaac Parker	1821—27
John C. Warren, M.D.	1827

VICE-PRESIDENTS.

Gen. John Brooks	1813—16
John Warren, M.D.	1813—16
Hon. Benjamin Pickman, jun.	1813—16
Rev. Eliphalet Porter, D.D.	1816—31
Hon. Artemas Ward, Judge	1816—21
Hon. Samuel Haven, Judge	1816—21
Hon. William Prescott	1821—26
Hon. Thomas Dawes, Judge	1821—24
Rev. William Jenks, D.D.	1824—32
Rev. Abiel Abbot, D.D.	1826—29
Amos Lawrence, Esq.	1829—33
Hon. Nathan Dane	1831—32
Hon. William Sullivan	1833—35
Hon. Horace Mann	1835—38
Hon. Jonathan Phillips	1838—39
Samuel Dorr, Esq.	1839—44
Hon. Stephen Fairbanks	1845

A LIST * OF THE NAMES OF GENTLEMEN WHO SIGNED THE ORIGINAL CONSTITUTION.

Samuel Dexter, LL.D.	Boston
John Lathrop, D.D.	Boston
John Warren, M.D.	Boston
Isaac Rand, M.D.	Boston
William Brown	Boston
Jeremiah Hill	Biddeford
John Low	Lyman
Daniel Denison Rogers	Boston
James Humphreys	Dorchester
Ephraim Thayer	Boston
John Abbot	Brunswick, Me.
Benjamin Wadsworth	Danvers
Samuel Worcester, D.D.	Salem
David Dunlap	Brunswick, Me.
Joseph Lee	Buckstown, Me.
Richard Faxon	Boston
Elisha Ticknor	Boston
Kilborn Whitman	Pembroke
Isaac Warren	Charlestown
Richard Sears	Chatham
James Crowell	Yarmouth
John White	Concord
Nathan Dane, LL.D.	Beverly
Moses Brown	Beverly
Benjamin Pickman, jun.	Salem
Joshua Fisher, M.D.	Beverly
Robert Rantoul	Beverly

* A complete and full list it was impossible to obtain.

Nathaniel Goodwin	Beverly
Abiel Abbot, D.D.	Beverly
Samuel T. Armstrong, Lieut.-Governor	Boston
Samuel Redington	Vassalborough
Joseph Torrey	Danvers
Reuben D. Mussey, M.D.	Salem
William Ropes	Boston
John Tappan	Boston
Jeremiah Evarts	Charlestown
Ebenezer Rockwood	Boston
William Thurston	Boston
Artemas Ward, Judge	Boston
Jonathan Breck	Buckstown, Me.
Henry Homes	Boston
Henry Wainwright	Boston
Henry Chapman	Boston
John Grew	Boston
Samuel Parkman	Boston
Caleb Strong, Governor	Northampton
William Phillips, Lieut.-Governor	Boston
Matthew Cobb	Portland
W. Prescott, LL.D.	Boston
Alden Bradford	Boston
J. Brooks, Governor	Medford
Rev. Joshua Huntington	Boston
Rev. Charles Lowell	Boston
Daniel P. Parker	Boston
Horace Holley, President	Boston
Samuel Thatcher	Boston
Jabez P. Fisher	Boothbay
Hon. Ammi R. Mitchell	North Yarmouth
Jonathan Cogswell	Saco
John Pierce, D.D.	Brookline
Hon. Richard Sullivan	Boston
S. H. Walley	Boston

Joseph Emerson	Beverly
Jedediah Morse, D.D.	Charlestown
Thomas Prentiss, D.D.	Medfield
James Gardner	Lynn
Daniel Huntington	Bridgewater
Dudley A. Tyng	Boston
Artemas Woodward	Medfield
Rev. Joshua Bates	Dedham
James W. Tucker	Rowley
Reuben Nason	Freeport
Henry Grey	Boston
Jacob A. Cummings	Boston
Rev. Dr. Cutler	Hamlinton
Joseph Field	Boston
John Prince, D.D.	Salem
Rev. Aaron Green	Malden
Rev. Thomas C. Thatcher	Lynn
Rev. Rufus Anderson	Wendham
Rev. Samuel Dana	Marblehead
Rev. Moses Dow	Beverly
Rev. William Frothingham	Lynn
Rev. John Bartlett	Marblehead
E. Parish, D.D.	Byfield
Abiel Abbot, D.D.	Byfield
Samuel Willard, D.D.	Deerfield
Rev. James Thurston	Manchester
Rev. Joseph Chickering	Woburn
Rev. David T. Kimball	Ipswich
Rev. Ezra Goodwin	Sandwich
Rev. Phineas Fisk	Wrentham
Joseph Tuckerman, D.D.	Chelsea
Jesse Appleton, D.D.	Brunswick
Rev. Avery Williams	Lexington
Rev. Reuben Emerson	South Reading
Israel Thorndike	Boston

Francis Brown	North Yarmouth
Rev. James Miltimore	Newbury
Ezra Witter	Wilbraham
Edward Payson, D.D.	Portland
Pearson Thurston	Newburyport
John Pipon	Taunton
Silas Warren	Jackson
Thomas Noyes	Needham
J. T. Kirkland, President	Cambridge
Rev. Jotham Sewell	Chesterville
William E. Channing, D.D.	Boston
Henry Lincoln	Falmouth, B.Co.
George Russell	Kingston
Hon. John Davis	Boston
Hon. Timothy Pickering	Wenham
Isaac Parker, Chief Justice	Boston
Hon. Leverett Saltonstall	Salem
James Thwing	Boston
Samuel Holton, Judge	Danvers
Eliphalet Porter, D.D.	Roxbury
James Jackson, M.D.	Boston
Edward Hart	Boston
John Mason Williams	New Bedford
Samuel Beals	Boston
Thomas Dennie	Boston
Charles Jackson, Judge	Boston
Dr. Wheaton	Dedham
Ezra Starkweather, M.D.	Worthington
Thomas L. Winthrop, Lieut.-Governor	Boston
Phineas Upham	Boston
James Thatcher, M.D.	Plymouth
John Lathrop, jun.	Boston
Rev. Adoniram Judson	Plymouth
David Stanwood	Boston
John Codman, D.D.	Dorchester

Caleb Gannett	Cambridge
T. K. Jones	Boston
John Parker	Boston
Samuel Coverly	Boston
Samuel Haven, Judge	Dedham
Francis Green	Boston
David Sewall	York
Hon. Samuel Hoar, jun.	Concord
Rev. Samuel Deane	Portland
Joshua Taylor	Portland
Caleb Bradley	Falmouth
J. Nichols	Portland
Samuel P. Croswell	Falmouth
Oliver Beale	Pownal
Joseph Baker	Livermore
Rufus Graves	Sunderland
Nathaniel Smith	Leverett
Rev. Joel Wright	Leverett
Rev. Ezra Ripley	Concord
Rev. Warren Fay	Brimfield
Rev. Hezekiah Packard	Wiscasset
Baley Bartlett	Haverhill
Abner How	Beverly
Calvin Briggs	Marblehead
Samuel Page	Danvers
Asa Andrews	Ipswich
William Coombs	Newburyport
Isaac Osgood	Andover
John Varnum	Haverhill
William Coffin	Gloucester
John Hay	Reading
Samuel Sewall	Marblehead
Pliny Cutler	Boston
Benjamin Osgood	Methuen
James White	Boston

William Whitwell	Boston
John Osgood	Newbury
Stephen Badlam	Dorchester
Ebenezer Porter, D.D.	Andover
Samuel Nye	Salisbury
Benjamin Tappan, D.D.	Augusta, Me.
Otis Thompson	Rehoboth
Rev. Enoch Pratt	Barnstable
Joseph Hilliard	Berwick
William Jenks, D.D.	Bath, Me.
Henry Colman	Hingham
Ebenezer Jennings	Dalton
Samuel Cary	Boston
Benjamin Wyman	Woburn
Bill Russell	Woburn
Rev. Ralph Sanger	Dover
Rev. Samuel Ripley	Waltham
Isaac Smith	Boston
Henry Rice	Boston
N. L. Frothingham, D.D.	Boston
Rev. James Flint	Salem
Rev. Isaac Allen	Bolton
William Cogswell	Dedham
Aaron Bancroft, D.D.	Worcester
Nathaniel Stone	Provincetown
John White	Dedham
S. Bell	Boston
Joseph Haven	Dennis
Daniel Dana, D.D.	Newburyport
Rev. Henry Ware, jun. D.D.	Boston
Edward Richmond, D.D.	Dorchester
Elisha Clapp	Boston
Ichabod Tucker	Salem
Levi Hartshorn	Gloucester
Thomas Dawes, Judge	Boston

Henry J. Oliver	Boston
Abiel Holmes, D.D.	Cambridge
Levi Hedge, LL.D.	Cambridge
Hon. Jonathan Phillips	Boston
Timothy Bigelow	Medford
John G. Palfrey, D.D.	Boston
Rev. Philip Colby	Middleboro'
Rev. James Sabine	Boston
Rev. Warren Fay	Charlestown
Francis Parkman, D.D.	Boston
John Cushing	Ashburnham
Rev. Joseph Allen	Northboro'
Moses Grant	Boston
John Ware, M.D.	Boston
Rev. John Allyn	Duxbury
Rev. Gardner B. Perry	Bradford
Rev. Jeroboam Parker	Southbridge
Levi Bartlett	Boston
Rev. William Collier	Boston
Henry K. May	Boston
Lewis Tappan	Boston
Andrews Norton, Professor	Cambridge
Samuel J. May	Brookline
Charles Seaver	Boston
Ezra S. Gannett, D.D.	Boston
John P. Spooner, M.D.	Boston
Benjamin Seaver	Boston
Isaac Danforth	Boston
Jabez Fisher	Boston
Stephen A. Dix	Boston
N. S. Simpkins	Boston
William B. Bradford	Boston
John Mellen	Boston
George A. Sampson	Boston
Otis Norcross	Boston

Thaddeus Nichols	Boston
Abel Adams	Boston
George W. Crockett	Boston
Joseph Ballester	Boston
P. Mackintosh, jun.	Boston
Gideon F. Thayer	Boston
Clement Durgin	Boston
Harrison Gray	Boston
Rev. Samuel Barrett	Boston
Stephen Fairbanks	Boston
Z. B. Adams, M.D.	Boston
H. M. Hayes	Boston
William J. Loring	Boston
J. G. Stevenson, M.D.	Boston
Francis Jenks	Boston
J. F. Flagg, M.D.	Boston
Thomas Denny	Boston
Charles White	Boston
S. E. Sewall	Boston
E. B. Hall	Northampton
D. A. White, Judge	Salem
R. Waldo Emerson	Boston
John Gray, jun.	Boston
Nathaniel Peabody	Boston
John Dorr	Boston
William Lawrence	Boston
Charles Brown	Boston
George W. Lewis	Boston
Amos Lawrence	Boston
Rev. Hosea Hildreth	Gloucester
Nathaniel Brown	Boston
Charles Sprague	Boston
John C. Warren, M.D.	Boston
Rev. E. M. P. Wells	Boston
Thomas G. Fessenden	Charlestown

Joseph Jenkins	Boston
Daniel Harwood	Boston
Henry Codman	Boston
Nicholas Tower	Cohasset
Francis Hilliard	Lowell
Israel Martin	———
Lucius M. Sargent	Roxbury
John H. Rogers	———
Charles Tappan	Boston
William P. Peakes	Scituate
Rev. Peter Osgood	Sterling
Alexander Dustin	Sterling
Richard Hildreth	Sterling
James P. Patten	Sterling
Rev. Calvin Lincoln	Fitchburg
Thomas R. Boutelle, M.D.	Fitchburg
Payson Williams	———
Rev. Washington Gilbert	Harvard
E. A. Holman, M.D.	Harvard
Reuben Whitcomb, jun.	Harvard
Amos Parker, M.D.	Bolton
Samuel L. Crocker	Taunton
Andrew Bigelow, D.D.	Boston
Bartholomew Brown	E. Bridgewater
Nahum Mitchell	E. Bridgewater
Aaron Herbert	E. Bridgewater
Rev. Bernard Whitman	Waltham
Rufus Hosmer	Stow
Seth Lee	Barre
Rev. W. B. O. Peabody	Springfield
Bezaleel Howard	Springfield
Samuel Lathrop, D.D.	West Springfield
Caleb Rice	West Springfield
Justin Ely	West Springfield
James Fowler	Westfield

Emerson Davis, D.D.	Westfield
Samuel Whitmarsh	Northampton
Rev. D. Huntington	Hadley
Edward A. Newton	Pittsfield
Edward Ballard	Pittsfield
Parker D. Hall	Pittsfield
Henry P. Phillips	South Adams
Lemuel H. Parsons	South Adams
John L. Barker	South Adams
Snell Babbit	South Adams
William C. Plunkett	South Adams
William Raymond Lee	Boston
John Ball	———
Josiah Moore	Duxbury
Henry Edwards	Boston
S. A. Lawrence	Boston
Edward S. Rand	Boston
Ellsworth Childs	———
Samuel Blake, jun.	———
E. B. Emmons	———
H. Dupee, M.D.	———

The names of one or two of the officers of the Society, not originally signed, have been inserted because they are known to have been primary members.

NAMES OF GENTLEMEN

WHO HAVE DELIVERED

THE ANNUAL ADDRESSES

From the Time of the Formation of the Society.

*Those marked * have been published.*

1814.	Rev. J. T. Kirkland, D.D.
*1815.	Rev. Abiel Abbot, D.D.
*1816.	Rev. Jesse Appleton, D.D.
*1817.	Rev. Samuel Worcester, D.D.
1818.	Rev. William E. Channing, D.D.
1819.	Hon. Samuel Haven.
1820.	Rev. Eliphalet Porter, D.D.
*1821.	Rev. William Jenks, D.D.
1822.	Hon. Edward Everett.
*1823.	Rev. Henry Ware, jun. D.D.
1824.	No address.
*1825.	John Ware, M.D.
*1826.	Gamaliel Bradford, M.D.
*1827.	Charles Sprague, Esq.
*1828.	Joshua B. Flint, M.D.
1829.	Rev. James Walker, D.D.
*1830.	Hon. J. T. Austin.
1831.	Hon. A. H. Everett.
*1832.	Hon. William Sullivan.
*1833.	Lucius M. Sargent, Esq.
1834.	Rev. Baron Stow.
*1835.	Rev. S. K. Lothrop.
*1836.	Walter Channing, M.D.
1837.	Gov. George N. Briggs.
*1838.	Rev. Thomas M. Clark.
1839.	Emory Washburn, Esq.
1840.	J. H. Purkitt, Esq.
——	Hon. Mr. Huntington.

THE

PHYSIOLOGICAL EFFECTS

OF

ALCOHOLIC DRINKS.

BY JOHN FORBES, M.D. F.R.S. &c.

Proceedings of the World's Temperance Convention, held in London, August 4, 1846, and following Days. With the Papers laid before the Convention, Letters read, Statistics and General Information presented, &c. &c.— London, 1846. Octavo, pp. 140.

THERE are many reasons why we deem it incumbent upon our brethren of the medical profession to take an active part in the investigation which is now being carried on by a large and not unimportant section of the public in this country and elsewhere, with regard to the effects of the habitual use of alcoholic drinks, and the possibility of effectually maintaining the *mens sana in corpore sano* without recourse to them. The fearful array of social and individual evils which may be traced to the *abuse* of fermented liquors should lead every reflecting mind to consider how far the *use* of them is desirable or necessary; and this inquiry is peculiarly incumbent upon those who assume to themselves the right of guiding the public in all that concerns the welfare

of the bodily fabric, whether in health or disease. Their influence for good or evil in this matter can scarcely be too highly estimated. If they are able, after careful consideration of the evidence on each side, to give their sanction to the statements of the advocates of the total abstinence cause, that sanction ought not to be withheld; since its weight in the scale of social order and morality demands the open and unqualified expression of it, unrestrained by any fear of ridicule or loss of the world's approval. That they would *knowingly* place their influence in the opposite scale, cannot for a moment be admitted; but there is too much reason to fear, that, either from actual ignorance of what the experience of multitudes of all ranks and conditions has now demonstrated, or from a natural tendency to persistence in that sort of *laissez-faire* system which it is so easy to practise and (in this matter especially) so agreeable to their patients, the generality of medical men are at present lending their sanction to a system of most pernicious error. Having long since made up our own minds on this subject, we have determined not to forego this opportunity — the last in our power — of recording our earnest convictions in regard to it; in the hope of leading our readers, if not at once to view the matter in the light in which *we* see it after many years of observation and personal experience, at any rate to inquire and observe for themselves, and to pause before they again recommend or sanction practices which, though

comparatively innocent in themselves, aid in perpetuating the direst evils with which our country is infected.

There are, it must be admitted, few cases in which the wish so readily becomes the father to the thought, or in which the feelings are so apt to bias the judgment, as in the consideration of the real utility of fermented liquors. The prevalent ideas of social enjoyment and good fellowship are so intimately associated with the circulation of the bottle or the discussion of a bowl of punch, — most of us have such vivid recollections of the thirst and fatigue of travel alleviated by a glass of good ale at a road-side inn, — and many a medical man's notions of quiet and legitimate enjoyment, after a trying day of professional labor, are so closely connected with a comforting tumbler of toddy or brandy-and-water by his fireside, — that it is commonly thought impossible to imagine that the animal spirits can be exuberant without the excitement derived from alcohol, or that the wearied body and mind can derive their needed refreshment from beverages so poor as tea, coffee, or cocoa. When we are regulating the diet of a patient, moreover, how difficult it is to prescribe a rigid abstinence to those who earnestly petition for *only* a glass or two of wine, or a tumbler of beer, per day, as a necessary means of sustaining their fainting strength, or of imparting to them (and this is perhaps the most insidious plea of all) the power of digesting their proper food! And how

pleasant it is to preserve the confidence of our patient by thus chiming-in with his humor, rather than by rashly propounding what he may regard as unreasonable crotchets to excite his doubts as to our own sanity! The medical profession in this country, however, is beginning to be awakened from this pleasant *insouciance* by the pressure from without; and to find it necessary to place itself in the midst of the current of human progress, which might otherwise sweep past it, and leave its *dicta* among the despised relics of an immoveable conservatism. Some hundreds of medical men of all grades and degrees, in every part of the British empire, from the court physicians and leading metropolitan surgeons who are conversant with the wants of the upper ranks of society, to the humble country practitioner who is familiar with the requirements of the artisan in his workshop and the laborer in the field, have given their sanction (as we shall presently see) to the statement that the maintenance of health is perfectly compatible with entire abstinence from fermented liquors; and that such abstinence, if general, would incalculably promote the improvement of the social condition of mankind. The medical adviser may now shelter himself, therefore, under this high authority; and need no longer be considered a madman, or even an enthusiast, for denying what it has been supposed that the common sense of mankind unmistakeably teaches. The difficulty, however, is to carry this doctrine into practice; and

nothing but such a degree of moral courage as can rise superior to temporary ridicule can give success. But our profession is surely one of the last in which that moral courage should be found wanting; for the demands upon it are varied and continual. And in this particular case, it may be remarked, the difficulty is constantly lessening, from the spread of more correct information on the subject; and we have, in fact, known instances in which medical men have *lost* credit with their patients, through urging upon them as necessary those stimulants which their own convictions told them that they were better without.

We need not descant at any length upon the evils of intemperance. The experience of every medical practitioner must have brought its terrible results frequently before his eyes. But, whilst thus familiar with its consequences as regards *individuals*, few but those who have expressly inquired into the subject have any idea of the extent of the *social* evils resulting from it, or of the degree in which they press upon every member of the community. On this account, we shall preface our inquiry with a few passages from a short paper in the pamphlet whose title we have placed at the head of the present article. This paper, entitled "Intemperance the Great Cause of Crime," consists almost entirely of extracts from recent public addresses of our judges, and from the written statements of magistrates, jailors, and police-superintendents, whose position

furnished them with the means of gaining the fullest information on the subject. The whole of it is pregnant with the deepest and most fearful meaning; and nothing but our limited space prevents us from placing it before our readers in its unabridged condition. We beg their earnest consideration of the following statements: —

"Judge Wightman stated, in his address to the grand jury at Liverpool, in August, 1846, that 'he found, from a perusal of the depositions, that one unfailing cause of *four fifths* of these crimes was, as it was in every other calendar, the besetting sin of drunkenness.'

"Judge Alderson, when addressing the grand jury in 1844, at the York assizes, said: — 'Another thing he would advert to was, that a great proportion of the crimes to be brought forward for their consideration arose from the vice of drunkenness alone. Indeed, if they took away from the calendar all those cases with which drunkenness has any connection, they would make the large calendar a very small one.'

"Judge Erskine declared at the Salisbury assizes in 1844, when sentencing a *gentleman* to six months' hard labor, for a crime committed through strong drink, that ninety-nine cases out of every hundred were from the same cause. Judge Coleridge likewise stated, at the Oxford assizes, that he never knew a case brought before him that was not directly or indirectly connected with intoxicating liquors. And Judge Patteson, at the Norwich assizes, said to the grand jury, — 'If it were not for this drinking, you and I would have nothing to do.' One of the judges stated, some time ago, at the circuit-court in Glasgow, that 'more than eighty criminals had been tried, and sentenced to punishment; and that, with scarcely a single exception, the *whole* of the crimes had been committed under the influence of

intoxicating liquors. From the evidence that appeared before him as a judge, it seemed that every evil in Glasgow began and ended in whiskey.' " (Proceedings, p. 123.)

So that, according to the testimony of witnesses, whose competency and truthfulness no one can call in question, *four fifths* of the entire amount of crimes is the *very least proportion* we can assign to those which are committed under the direct or indirect influence of intoxicating liquors. Let us now call witnesses of another, but not less unimpeachable class, — the chaplains of jails.

" In a late Report of the prisons of Glasgow, an account is given of 3,907 individuals, most of whom were committed for crimes respecting which sentence of transportation might be awarded; and respecting these the Rev. George Scott, chaplain, thus writes: — 'Though a number of causes are specified, drunkenness is the most prolific source of most of the crimes in Glasgow. Of the many thousands annually imprisoned, I think it would not be possible to find one hundred sober criminals in any one year. Even the youngest learn this ruinous vice, and, when they live by stealing, swallow astonishing quantities of whiskey.' The accuracy of Mr. Scott's observations is corroborated by the new chaplain, in his Report of Glasgow Prisons for 1845. 'To the ruinous habit of drunkenness,' says he, 'may be traced, either directly or indirectly, the offences of *at least three fourths* of those that come to prison, *females* as well as males. Of this I am convinced, even from their own statements, as well as from other circumstances.' " (p. 125.)

The chaplain of the Stirling prison states: — " So far as my experience has at present gone, I think that drunkenness is the main cause of crime; " and

the Rev. John Clay, the experienced and devoted chaplain of the North Lancashire jail at Preston, gives similar testimony. "Persons," he says, "who, in hard times, are led into criminality by destitution, are, in better times, led into it by drunkenness." To the same effect is the evidence of Mr. J. Smith, governor of the Edinburgh prison. The number of commitments for disorderly conduct arising out of drunkenness, during the year ending June, 1844, was 3,325; and of those for other offences, the number during the same period was 2,385. "I do not hesitate to say," adds Mr. Smith, "that it is my firm belief, that, but for drunkenness, and the evil and ruinous consequences which follow in its train, there would not have been one fifth part of the number of commitments during the period." The following is Mr. Logan's general summary of similar information obtained from other quarters: —

"We collected the following information in July, 1844, when visiting prisons in the west and south of Scotland; and the reader will bear in mind, that the majority had been committed for theft, and several were about to be removed to our penal colonies. At Greenock, the governor stated that, out of 461 prisoners, 297 might be said to have committed their crimes under the influence of drink. At Kilmarnock, Capt. Blane believed that he was under the mark, in stating that *four fifths* of the crime there was caused by intoxicating liquors. In Dumfries, the governor was 'warranted in stating, that nineteen out of every twenty brought before him were so in consequence of drinking;' and, when conversing with *thirty* prisoners out of the total number (forty-two), *twenty-nine* acknowledged that strong

drink had been the cause of their imprisonment; and the sitting magistrate stated to the clerk of the police-court, that very morning, that, were it not for intemperance, the premises might be shut up for ever. At Ayr, the governor 'had no hesitation in saying, that thirty-nine cases out of forty were the fruits of intemperance;' and added, 'If you think proper to visit the prisoners, you will find that my statement is pretty correct.' Well, we visited each cell, and conversed with every unfortunate inmate; and out of *seventy-three* prisoners there, no less than *seventy* acknowledged, that, had it not been for these accursed drinking customs, they never would have occupied the lonely cell of a prison. Similar statements were made to us when visiting the prisons of Paisley, Stirling, Hamilton, Dumbarton, Airdrie, and Kirkcudbright; and what is true of Scotland is to a very great extent the same in England and Ireland. . . . These facts have all been fully corroborated by the testimony of the respective governors of Millbank Penitentiary and Newgate, London; Wakefield House of Correction; Manchester New Bailey; Newgate and the Female Prison, Dublin; and, having visited these prisons, and conversed with criminals in each of them (with the exception of Millbank, where it is not allowed), we found that their statements respecting the cause of crime were quite in keeping with those referred to in Scotland." (p. 126.)

We need scarcely, we think, adduce any more evidence in proof of the position that *intemperance is the chief cause of crime.* How fearful, then, is the responsibility of those who, by any means, direct or indirect, encourage this baneful propensity!

To show the dreadful extent to which intemperance prevails, we shall quote from the preceding paper, and from an essay in the same publication,

on the Statistics of Temperance and Intemperance, by Mr. T. Beggs, some facts relative to the present condition of the city of Glasgow. On the authority of Sheriff Alison, it is stated, that, in the year 1840, there were in Glasgow, amongst about 30,000 inhabited houses, no fewer than 3,010, appropriated to the sale of intoxicating drinks; every tenth house being devoted to the sale of spirits — a proportion unexampled, it is believed, in any other part of the globe. The same gentleman declares that he believes that 30,000 persons, or one tenth of the whole population, go to bed drunk every Saturday night. It appears from an inspection of the registers of the police station, that not fewer than 25,000 commitments are annually made, on account of drunkenness and disorderly conduct in the streets; and these commitments include no fewer than 10,000 females. A large proportion of the parties so committed are discharged early in the morning, and are not brought before the police magistrate; not above a quarter of them being entered upon the records of his office. The annual consumption of ardent spirits in Glasgow is estimated by Sheriff Alison at six gallons per head; making an aggregate of nearly 1,800,000 gallons yearly. The value of this at the retail price of 15*s.* per gallon, is £1,350,000. Now, what is the consequence of this as to the health and social condition of the city? "Glasgow," says Dr. Cowan, in his 'Vital Statistics of Glasgow,' "exhibits a frightful state of mortality, unequalled perhaps by any city

in Great Britain. The prevalence of fever presents obstacles to the promotion of social improvement among the lower classes, and is productive of an amount of human misery credible to those only who have witnessed it." The returns furnished by Dr. Davidson from the Glasgow Fever Hospital enable us to form some estimate of the influence of intemperance in keeping up this fever, and in aggravating its rate of mortality. Of 249 males admitted during the year ending November 1, 1839, just one half are recorded as "temperate," that is, as never indulging in strong drink to the extent of inebriety; whilst of the remainder, 51 are classed as "a little intemperate," that is, as now and then drinking to intoxication; whilst 73 were "habitually intemperate," drinking ardent spirits whenever they could get them. Of 164 females, 76, or less than half, were "temperate," 8 "a little intemperate," and 80 "habitually intemperate." It is evident from these data, that the cases of fever amongst the intemperate part of the working classes must bear a much larger proportion to their number, than among the comparatively sober who constitute (it is to be hoped) the bulk of the community; and that, upon the former, therefore, the maintenance and propagation of the disease chiefly depends. The result is still more striking, when the rates of mortality are examined in these three classes respectively. Out of the 201 temperate patients, only 28 died, or one in 7·2; whilst out of the 212 more or less intemperate, the

number that died was 47, or one in 4·5. In Dr. Craigie's table of the deaths in 31 cases of fever that occurred in the Edinburgh Royal Infirmary, there were stated to be 15 irregular or dissipated, and only 2 regular; the habits of the remaining 14 are not stated, but they were probably of the "little intemperate" class. This comparison is made, be it remembered, not between drinkers and abstainers, but between different classes of drinkers. The expense in which the city of Glasgow is involved by the fever is estimated at £46,000 per annum; a sum enormous in itself, but like a drop in a bucket, compared with that which is squandered in the purchase of ardent spirits.

We shall not pursue this painful inquiry any further; having said enough, we trust, to demonstrate the importance of the subject, to which we would now invite the serious and candid attention of our readers.

A brief historical notice of the origin and progress of the Total Abstinence Movement may not be without its value, in showing how far experience has replied by anticipation to some of the objections which would occur to almost every one who has not given his express attention to the inquiry. It is well known that individuals have risen up from time to time, in all ages, to proclaim the virtues of *aqua pura* as the beverage most conducive to health of body and vigor of mind; and our readers need scarcely be reminded of the cases of Cornaro and

Benjamin Franklin, were it not for the remarkable degree in which the strong practical sense of the latter anticipated the conclusions more recently drawn from scientific investigation. "On my entrance into a London printing house," says Franklin, in his 'Autobiography,' "I worked at first as a pressman, conceiving that I had need of bodily exercise, to which I had been accustomed in America, where the printers work alternately as compositors and at the press. I drank nothing but water. The other workmen, to the number of about fifty, were great drinkers of beer. I carried occasionally a large form of letters in each hand up and down stairs, while the rest employed both hands to carry one. They were surprised to see, by this and many other examples, that the 'American aquatic,' as they used to call me, was stronger than those who drank porter. My fellow-pressman drank every day a pint, with bread and cheese, for breakfast, one between breakfast and dinner, one at dinner, one again about six o'clock in the afternoon, and another after he had finished his day's work. This custom appeared to me abominable; but he had need, he said, of all this beer, in order to acquire strength for his work. I endeavored to convince him, that the bodily strength furnished by the beer could only be in proportion to the solid part of the barley dissolved in the water, of which the beer was composed; that there was a larger quantity of flour in a penny loaf; and that consequently, if he ate this loaf, and

drank a pint of water with it, he would derive more strength from it than from a pint of beer." The pious and enthusiastic Wesley, and the ingenious and benevolent Dr. Beddoes, devoted no small amount of labor and reasoning to an attempt to awaken the public mind to the injurious effects of the prevalent use, moderate and immoderate, of fermented liquors; and the latter, amongst other tracts on the subject, published an excellent one, in 1808, entitled 'Good Advice for the Husbandman in Harvest,' from which we shall presently make an extract.

Besides these well-known examples, there have always been many who have practised, in a quiet, unostentatious manner, an habitual abstinence from all fermented liquors; and amongst these might be named some who have been remarkable for the amount of mental and bodily exertion which they have been able to sustain. Still it has been the current opinion, sanctioned by the general voice and the usual practice of the medical profession, that the *moderate* employment of fermented liquors, of good quality, is beneficial, or at any rate innocuous, in a great majority of instances; and that, where the demands upon the bodily strength are peculiarly constant and severe, efficient aid in meeting them is derived from their use. The cases in which the contrary result has been apparent have been set down as idiosyncrasies, which can afford no rule for general guidance; and those who have ventured to oppose the public *dictum* on this subject have been

usually considered at the best as amiable enthusiasts, whose principles, though true as regarded themselves, are not at all adapted for popular practice. But, without the guidance of science, and against rather than with the authority of doctors, *the people* have begun to find out for themselves that those well-meaning, but impracticable enthusiasts really spoke the truth; and that what has been commonly regarded as universal experience on this matter is nothing better than "a mockery, a delusion, and a snare," having no better foundation than the notion which prevailed until the beginning of the last century, that foul air was beneficial to the sick.

The following is a brief sketch of the origin and progress of the great temperance movement.

Association for the purpose of promoting temperance was first conceived and put into execution in the United States of North America, where the inhabitants are far advanced in the knowledge that "union is power," and in the practical skill necessary for applying coalition to a variety of purposes both political and philanthropical. Combinations against drunkenness have existed in America from a very early period. At first, they merely insisted on general moderation in the use of strong drinks. Afterwards their rules and regulations became more stringent; and abstinence from ardent spirits, at least, formed part of the confederate agreement and pledge. About 1815 or 1820, regular societies

were formed on this basis in America, and began to extend themselves widely. The method of abstinence from every thing intoxicative was, at a later period, introduced there from Great Britain.

Early in the year 1828, Mr. John Dunlop (a name worthy to be placed by that of Father Mathew, among the benefactors of mankind) began to agitate the subject in Scotland, and took various plans of doing so; such as collecting statistics and proofs of national intemperance; demonstrating the good effects which had followed association against inebriation in America; exposing the evils of the system of compulsory drinking, an usage peculiar to this country; also by travelling about and conversing with influential individuals and philanthropists throughout the country; writing in newspapers, composing and disseminating tracts, lecturing publicly in large towns, &c. Notwithstanding Mr. Dunlop's enthusiastic and energetic proceedings, he did not succeed in gaining any regular disciples to the cause till about the latter end of 1829, and beginning of 1830; at which period the Greenock, Glasgow, Edinburgh, Dundee, Paisley, and other societies were instituted in Scotland; the Bradford Society in Yorkshire, by Mr. Forbes; and the Old British and Foreign Temperance Society in London, by Mr. Collins of Glasgow. Mr. Dunlop had proposed that all wines should be abandoned as well as spirits, but only partially succeeded in that point.

In the summer of 1829, Dr. Edgar of Belfast,

without knowledge of Mr. Dunlop's proceedings, set on foot the Irish temperance movement, assisted by Mr. George Carr; and it is believed, that the first European temperance society was established by the latter at New Ross, about June or July, 1829; Mr. Dunlop's first societies not having been established till October of that year. Thus the Irish and British movements were separate and independent in their commencements.

Things continued on the original footing for some years, with only in general a pledge against the use of ardent spirits. But it soon became evident to reflecting persons engaged in the cause, that half measures would not suit the urgency of the case, and that a prodigious and nearly universal national evil must be met with correspondent strength of remedy. It was remarked, too, that all drunkards who were really reformed by joining the societies, not merely conformed to the actual rules, but uniformly abstained from using any thing intoxicative. Many individuals connected with the societies accordingly made it their practice to abstain totally; and in 1832 it is believed that the Paisley institution made total abstinence a part of their regulations.

Teetotalism, or total abstinence from all intoxicating drinks, was not, however, fairly established generally till 1834; when the seven men of Preston, assisted by Mr. Pollard of Manchester, and others, started societies fairly and exclusively on the tee-

total principle. The published lectures of Mr. Livesey, of Preston, constitute an era on this subject; and the labors and lectures of a gentleman in the iron trade at Liverpool (whose name we forget at the moment) were extremely useful at this period.

Shortly after this, the New British and Foreign Temperance Society was established at London on teetotal principles, under the management of Messrs. Janson, Oxley, Meredith, Green, and others; and very soon, almost all the original temperance societies in Great Britain adopted the rule of total abstinence. The doctrine was pushed over into Ireland by the Liverpool gentleman we have mentioned, to be brought into the most brilliant success in due time afterwards by Father Mathew.

About 1836 the teetotal element was established in the American temperance societies, which, it is believed, are now universally conducted on this principle.

The total abstinence reform has extended itself successfully into Canada, New Brunswick, India, the West Indies, and our other colonies. It has also made its way into the South Sea Islands, and elsewhere among the half-cultivated races; and has been partially adopted in Sweden, and other parts of the North of Europe.

The following are the terms of the certificate to which we have referred, as having received such numerous signatures of medical practitioners, in-

cluding those of many of our most distinguished physicians and surgeons: —

"We, the undersigned, are of opinion, —

"1. That a very large proportion of human misery, including poverty, disease, and crime, is induced by the use of alcoholic or fermented liquors as beverages.

"2. That the most perfect health is compatible with total abstinence from all such intoxicating beverages, whether in the form of ardent spirits, or as wine, beer, ale, porter, cider, &c. &c.

"3. That persons accustomed to such drinks may, with perfect safety, discontinue them entirely, either at once, or gradually after a short time.

"4. That total and universal abstinence from alcoholic liquors and intoxicating beverages of all sorts would greatly contribute to the health, the prosperity, the morality, and the happiness of the human race."

Let us say, however, *in limine*, that, whilst taking upon ourselves the earnest advocacy of these doctrines, we by no means wish to identify ourselves with all that has been written and uttered by the disciples of the total abstinence system. Too often their intemperance has passed from their cups to their language; the finger of pharisaical scorn has been pointed at the "moderate drinkers," whose consciences have not yet told them that there is any harm in the temperate use of fermented liquors; and even those who agree with them in their leading principles, and who join with them in their practice, but who hesitate at sanctioning all that ignorant enthusiasts think fit to assert, have been stigmatized as enemies, rather than as friends, to

the great cause of emancipation. Now, we most fully recognize the importance of earnest and awakening appeals to those who are sunk in the lethargic slavery of one of the most brutalizing of all sensual indulgences; but we are certain that exaggeration never ultimately serves the interests of truth. No words *can* depict too strongly the evils of intemperance. No appeals *can* be too urgent or awakening to the blunted feelings of those who are ruining themselves, both for time and eternity, by an habitual indulgence in this overpowering propensity; but surely there is plenty of matter for the advocates of abstinence, without going out of their way to condemn those who maintain that fermented liquors are the gifts of God, to be *used* in moderation, but not *abused*. We are quite sure that the manner in which their public proceedings have been conducted has kept many aloof, who would have been most valuable and influential advocates of this great cause of social and individual reformation. The fact we believe to be, that a large proportion of the intemperate denunciations and rash statements to which we allude have been put forth by men who have themselves felt all the tyranny of this dreadful slavery; and (as we have been informed by some most competent observers) they feel, on their emancipation from it, a sort of excitement that is almost uncontrollable, urging them to bear public testimony to the evils from which they have escaped, and infusing into that testimony a strength that

makes it operate powerfully on the minds of those whom they desire to awaken, whilst it leads them (with the want of discrimination natural to men of imperfect education) to express the most unmitigated reprobation of those more especially who profess themselves friends of temperance, but who do not feel called upon to preach or to practise total abstinence.

Now, we are quite content to brave their condemnation for the sake of what we consider to be truth; and feeling satisfied, as we just now said, that the interests of truth cannot be served by exaggeration, we think it right fearlessly to state, that we cannot, with them, affirm that we consider alcohol in all its forms to be nothing else than a poison. We cannot conscientiously go the length of denying, that under any circumstances, whether of health or disease, the administration of alcohol can be justified. We believe that, if the whole world could be *really temperate* in the use of fermented liquors, there would be no need of total abstinence societies. But we advocate their principles, because sad experience has shown, that a large proportion of mankind *cannot* be temperate in the use of fermented liquors, and that nothing short of total abstinence can prevent the continuance, in the rising generation, of the terrible evils which we have at present to deplore; — because experience has further shown, that the reformation of those who are already habitually intemperate cannot be accomplished by any

means short of entire abstinence from fermented liquors; — and because experience has also proved, that this reformation cannot be carried to its required extent, without the moral influence of the educated classes. Such influence can only be afforded by *example*. There is no case in which its superiority over mere precept is more decided and obvious than in this. "I practise total abstinence myself," is worth a thousand exhortations; and the miserable failure of all the advocates who cannot employ this argument should lead all those whose position calls upon them to exert their influence (and who are there who do not possess *some* means of thus doing good?) to a serious consideration of the claims which their duty to society should set up in opposition to their individual feelings of taste or comfort.

Without setting ourselves up as apologists for the managers of total abstinence societies, we may remark that this, like other great movements, has been mainly brought about by the agency of individuals, whose very enthusiasm necessarily renders them somewhat one-sided in their views. It is for the cool-judging philosopher to place these views in their true light, and thus to guide mankind in forming a just appreciation of them; but such a movement might be retarded for centuries, or might never take place at all, if there were no one-sided enthusiasts in the word, and it were left to the philosophers to set it going. Now, the leaders of the total abstinence movement have conscientiously felt

that a charge has been laid, as it were, upon their shoulders, to rid the country of intemperance; and they can fairly plead the enormity of the disease, and the difficulty of completely eradicating it, as an apology for the severity of their cure. There are so many apertures, they affirm (and with justice), by which men contrive to escape from the abstinence principle, — creeping out like cunning foxes in search of the object of their craving, — that every hole must be stopped up, every apology for a recourse to alcoholic liquors cut off. We admit the danger and the necessity for the utmost caution in the avoidance of it. But still we do not think that those of the professed advocates of total abstinence, who deny the possibility of *any* benefit from the use of alcohol, have taken up a defensible ground; and the argument for the stringency of the pledge should rather be based, in our estimation, upon the risk of abuse, which the slightest violation of it has been found by experience to involve, than upon those asserted "poisonous" properties, which it assuredly does not possess in a degree nearly so strong as many of our most valued medicines. Dissenting, as we thus do, from much that has been uttered from the teetotal press and platform, during the last ten or twelve years, we yet must in justice admit, that, when so large a number of parties are concerned, and these chiefly of very limited education, as in the present case, it is somewhat unreasonable to expect perfect wisdom in every mouth, or that

zeal in so good a cause should not sometimes get the better of discretion. And the leaders of the movement may fearlessly ask, what association of such a size — political, ecclesiastical, or philanthropic — could bear to be tried by a severe test on this point?

In the exercise of our own duty as cool-judging critics, we now propose to inquire, in the first place, into the present state of our knowledge as to the physiological action of alcohol on the human body; next, to consider how far the results of the comparative experience of those who make habitual but moderate use of fermented liquors, and of those who entirely abstain from them, under a variety of circumstances, warrants the assertion, that total abstinence is invariably (or nearly so) compatible with perfect health, or is even more favorable to health than habitual but moderate indulgence; and finally, to endeavor to deduce from these data such conclusions with regard to the therapeutic use of alcohol, as may cause its employment by medical men to be attended with the greatest possible amount of good, and the least admixture of evil.

Our knowledge of the physiological action of alcohol, though far from being sufficiently complete to afford a specific determination of its hygienic or therapeutic value, is yet quite sufficient to guide us in the inquiry; and we shall accordingly state briefly the points which may be regarded as, in our apprehension, most satisfactorily made out. We believe

that no physiologist of repute would now be found to maintain any other doctrine in regard to the materials of the albuminous tissues of the animal body, than that propounded a few years since by Mulder and Liebig; namely, that they are derived exclusively from those alimentary substances whose constitution is similar to their own; so that the non-azotized compounds cannot enter into the composition of more than a very small part of the animal fabric. This doctrine, when first put forth, was received with a degree of hesitation and distrust proportioned to its novel and startling character; but the testimony in its favor has been gradually though quietly accumulating, so that it now commands very general if not universal assent. By the term "albuminous," we mean to designate all those tissues which can be formed at the expense of albuminous matter; and this category includes the gelatinous and horny tissues, as well as those which possess a composition more nearly allied to that of albumen; for we know that the former, as well as the latter, must be generated from albumen during the incubation of the egg, as well as during after-life, when neither gelatine nor horny matter exists in the food. The only tissues in the animal body of which albumen does *not* form the principal basis, are the adipose and the nervous. In *both* these it is probable that the membranous *walls* of the cells and tubes have (like similar membrane elsewhere) an albuminous composition; the *contents* of these

cells and tubes being of a non-azotized character in the latter case, as in the former. For it has been pointed out by Valentin (Lehrbuch der Physiologie, Band I. S. 174), that, although the substance of the brain and nerves appears to yield an azotized fatty acid when analysed *en masse*, the supposed composition of this acid (which is quite an exception to all chemical probability) may be accounted for by regarding it as a *mixture* of albuminous matter and ordinary fat, which is exactly what might be anticipated on anatomical grounds.

All our present physiological knowledge, then, leads to the decided conclusion, that alcohol cannot become the pabulum for the renovation of the *muscular* substance, which process can only be effected by the assimilation of albuminous materials in the food; and that the habitual use of alcohol, therefore, cannot add any thing to the muscular vigor. And this conclusion receives most striking confirmation from the well-known fact, that, in the preparation of the body for feats of strength, the most experienced *trainers* either forbid the use of fermented liquors altogether, or allow but a very small quantity to be taken; their trust being placed in a highly nutritious diet, active muscular exertion, and the occasional use of purgatives which purify the blood of the products of decomposition, or draw off superfluous alimentary materials.

That alcohol has some peculiar relation to *nervous* matter, would appear from its power of stimulating

the nervous system to increased action; but this power, although coincident with a certain relation in their chemical composition, could not be predicated from the latter, since ordinary fat, which has no such stimulant effect, has a closer chemical relation to nervous substance than is possessed by alcohol. Whether alcohol is capable, by any transformation, of being converted into nervous matter, is a question which we have at present no data to determine; but there can be no doubt that this tissue may be formed equally well from other ingredients of food, which have not like it a stimulant effect. It cannot, therefore, be a *necessary* pabulum to the nervous system; and its peculiar virtues, as an habitual article of diet, if such there be, must be looked for in its stimulating qualities.

But, it may be maintained, although alcohol is not requisite or useful as a pabulum for the tissues, it is most efficient as a combustible material, serving to keep up the heat of the body in extreme cold, and to defend it against the effects of vicissitudes of temperature, — in common language, "to keep the cold out." Now, this at first sight appears a very cogent argument for its use under certain circumstances, if not for its regular employment; but, when its effects are more closely examined, it will be found that neither physiological science, nor the results of experience, sanction such a proceeding. The maintenance of the animal heat chiefly depends, as all our readers must be aware, upon

the formation of carbonic acid and water by the oxygenation of hydro-carbon contained (probably in various forms) in the blood. Now, the ingestion of alcohol, so far from promoting, *checks* the oxygenating process; as was shown long since by the result of the experiments of Dr. Prout, who invariably found the quantity of exhaled carbonic acid to exhibit a marked decrease after the ingestion of alcoholic drinks, other circumstances remaining the same. Subsequent experimenters upon the respiratory process have met with the same results; and they are confirmed by the fact ascertained by Bouchardat, that, when alcohol is introduced into the system in excess, the blood in the arteries presents the aspect of venous blood, showing that it has not undergone the proper oxygenating process. Now, although we may not understand the reason of this (although it seems to be referable to the well-known power of alcohol to prevent or retard chemical changes in organic substances), the fact is of the utmost importance.

The inference to which we are thus conducted by physiological reasoning, instead of being negatived by general experience (as it is commonly supposed to be), is fully confirmed by it. The Esquimaux, Greenlanders, and other inhabitants of the coldest regions of the globe, effectually maintain their animal heat by the large consumption of fatty matter; and whatever may be the *temporary* effect of an alcoholic draught, we believe that all arctic and

antarctic voyagers agree, that *continued* resistance to cold is most effectually maintained without alcohol, or at any rate with a much smaller quantity of it than is commonly thought necessary. A very striking proof of this is afforded by the arrangements recently made for the overland arctic expedition, on which the best authorities have of course been consulted by Government. In the programme of these arrangements, it is expressly stated, that *no fermented liquors* are to be used by the parties who proceed upon it. We have heard many of the now almost extinct race of stage-coachmen, who had been induced to give up their former habit of imbibing a glass of ale or of brandy-and-water at every stage, and to substitute an occasional cup of hot coffee and a rasher of toasted bacon, speak most decidedly in favor of the superior efficacy of the latter system; and we doubt if any man who had the resolution to adopt it, ever returned to his habits, except from the love of liquor. We are strongly inclined to the belief, that much of the reputed warming effect of alcohol is due to the hot liquid with which it is usually combined when used for that purpose. A tumbler of hot brandy-and-water, of whiskey-toddy, or negus, is doubtless a very comfortable beverage when imbibed on a cold night on the top of a coach; but our own experience, and that of many others who have tried the experiment, warrants the belief that a cup of hot tea, coffee, or cocoa, will have quite as much warming

influence, whilst a *cold* alcoholic drink will be nearly, if not quite, ineffectual. The only cases in which we conceive that alcohol in any form can be more useful than other compounds of hydrocarbon as a heat-producing substance, are those in which all the combustible material of the body has been used up during the progress of a fever or other exhausting disease, and in which the state of the digestive system prevents the reception of any other kind of pabulum into the circulating current. To these we shall hereafter more particularly refer.

Before leaving the question of the heat-producing powers of alcohol, we should advert to an explanation which has been offered, of the diminution in the amount of carbonic acid exhaled after its use; since this explanation, if correct, might vitiate the theoretical part of our argument, though it could not affect the results of experience. It has been stated by no less an authority than Liebig, that this diminution of carbonic acid is owing to the comparatively small proportion of *carbon* in alcohol; the heating power of that substance being chiefly due to the *hydrogen* it contains, which is exhaled from the lungs in the form of the vapor of water, so that, whilst the alcohol is being carried off from the blood, the proportion of carbonic acid to watery vapor, in the products of the combustive process, will be unduly low. This may possibly be true; but it is not the whole truth. There are other substances, as Dr. Prout has shown, whose ingestion is

followed by similar results, to which no such explanation is applicable: of this nature is strong tea, especially green tea. And, moreover, the experience of Dr. Prout would lead to the decided conclusion, that the presence of alcohol in the blood prevents the extrication of matters whose retention is injurious to it, and for whose removal the respiratory process is the appropriate means. For, whilst the diminution in the amount of carbonic acid exhaled continues as long as the effects of the alcohol are perceptible to the individual who has swallowed it, these effects no sooner pass off (which they did in Dr. Prout's individual case, with frequent yawnings and a sensation as if he had just awoke from sleep), than the amount of carbonic acid exhaled *rises much above* the natural standard; thus giving, it would seem, unequivocal evidence of the previous abnormal retention of carbon in the system, of which it is only able to free itself after the alcohol has been burned off. And this view is further confirmed by the fact which experience has forced upon men who are so far most unwilling adherents to the abstinent system, — that alcoholic liquors ingested *during* the performance of severe labor, in very hot situations, cause a very rapid and decided failure of the strength; so that men who drink largely of such liquors in the intervals of their work, are obliged to abstain from them whilst their labor is in progress. The physiologist well knows, that the quantity of hydro-carbon carried off by the lungs diminishes as the external

temperature rises; and one of the reasons for the oppressive influence of a continued exposure to great heat is probably to be found in the obstruction which it presents to the extrication of that amount of carbonic acid whose removal is necessary for the depuration of the blood. Now, if alcoholic liquors be ingested in this state of the system, and interpose (as we have endeavored to show that they do) a still further obstacle to this process, the result would be precisely what experience demonstrates, — namely, the flagging of the powers of the system, from the imperfect purification of the blood. — Thus, put the subject in what light we may, theory and practice here go hand in hand in guiding us to the conclusion, that alcohol is not more efficacious than other pabula for the combustive process, except in certain disordered states of the system, to which we shall hereafter refer; and that its habitual use cannot be defended on the ground of the necessity for supporting the heat of the body by its means during exposure to very severe cold, whilst it is positively injurious when the surrounding temperature is high. We shall presently adduce other evidence upon this latter point, from the experience of those who have resided in tropical climates.

It appears, then, that the physiological influence of alcohol upon the system, under all ordinary circumstances, cannot be attributed to any thing else than its *stimulant* character; and it is almost a self-evident corollary from this proposition, that its

habitual use, even in moderate quantities, can exert no beneficial effects. For the healthy fabric should be quite capable of maintaining itself in vigor upon a proper diet, and with a due quantum of sleep, exercise, &c. without any adventitious assistance; and, if it be not, assistance should be sought from alterations in diet or regimen, or from remedies which tend to promote the regular play of its functions, rather than from stimulants, which may produce in some of these a temporary excitement, but which thus tend to destroy the balance of the whole. The very nature of a stimulant is to produce a subsequent depression, and to lose its force by frequent repetition. The depression is proportional to the temporary excitement; and the loss is thus at least equivalent to the gain. And when a stimulus loses its effect as such by frequent repetition, it is still felt as being necessary to bring the system up to par; an increased dose being required to elevate it higher. Thus, as is well known, those who habitually employ fermented liquors for the sake of their *stimulating* effects are led on from small beginnings to most fearful endings; and the habit, growing by what it feeds on, becomes a necessity. No pretext is more commonly given out as an apology for the habitual use of fermented liquors, than the aid which a moderate employment of them is thought to afford to the digestive process. But we maintain, that, where a man duly observes the laws of health, the appetite will always desire the amount of food which

the system needs, and the stomach will be able to digest it. If health is to be measured by the capacity for eating, then the habitual moderate use of fermented liquors may be conducive to it; but, if the increase in this capacity which they produce be of no service to the economy at large, they cannot have any other than an injurious effect, by leading us to overtask the powers of our digestive apparatus. Thus, as Liebig has very well pointed out, the residents in warm climates who take stimulants before their meals, in order to make up for the deficiency of appetite, act upon a most unphysiological and ultimately injurious system; forgetting or being ignorant that the real demand for food is much less when the surrounding temperature is high, and that the diminished appetite really indicates the diminished wants of the system. In a large proportion of the cases in which the habitual employment of fermented liquors has really a show of utility, we are quite certain that a copious use of cold water externally, and the substitution of it for more stimulating beverages, will be found in the end to be the most wholesome practice, tending (as large experience has shown that it does) both to improve the appetite, and to invigorate the digestive powers.

We do not go so far as to maintain, that *no* exceptions are to be made to this rule: but we are satisfied that these exceptions are much fewer than is commonly supposed; and that they are to be

made rather in cases where some temporary disturbing cause is acting upon the system, than in those in which there *seems* to be an habitual want of assistance.

In like manner, we believe that the nervous system can derive no benefit from the habitual use of fermented liquors; since, in a healthy state of body, it ought to be equal to the work it is called upon to perform; and, if overtasked, it must be renovated by repose. Doubtless, it may be stimulated to increased temporary activity by the use of alcohol: but this activity can never be long sustained; and, in the state of subsequent depression, the body is more than usually liable to the influence of morbific causes. There is no part of our frame which requires nicer management, or which is more rapidly acted upon by influences from without or from within, than the nervous system. The regular employment of it, if well directed, and carefully supported by attention to every thing that promotes the general health, may be carried to a marvellous extent; and yet, in some peculiarly susceptible constitutions, the least indisposition gives rise to a feeling of nervous depression, which might seem to demand the use of stimulants for its removal. In the majority of cases, however, this feeling of depression is the result of habitual inattention to the laws of health; and, although it may be temporarily removed by alcohol, yet the evil is only palliated for a time; and the very means employed, lays the

foundation for a future increase of the feeling of depression, requiring an increase of the stimulus for its removal. We may appeal to universal experience in support of our doubts, whether those who have had frequent recourse to alcoholic stimulants for the removal of nervous depression, arising from previous exhaustion by over-work, or from disorder of some other function of the body, have been able to stop at any one point; or whether they have not, to produce the same effect upon their feelings, been obliged to increase the dose, the more frequently it has been repeated. This we conceive to be the great and palpable distinction between the effects of a stimulant which excites, and a pabulum which supports, the system. The former needs to be increased in proportion to the frequency with which it is employed. The demand for the latter varies merely in accordance with the amount of renovation to be effected.

But it is often asserted, that, although stimulants may be dispensed with in temperate climates, the habitual use of them is necessary to aid the system in resisting the enervating influence of extreme heat. Let us see how far the results of experience, when carefully sifted, bear out this doctrine. In the first place, we presume, it will be readily admitted by our readers, that the effects of *excess* in the use of fermented liquors are far more injurious in hot than in temperate climates. A very considerable proportion of the mortality in the stations

which have the reputation of being the most unhealthy, is so directly traceable to such excess, that its continuance can scarcely be accounted for, except on the principle of "a short life and a merry one." Some years since, whilst ourselves stationed in the West Indies, we conversed with a gentleman resident in Tobago, who informed us that the average annual mortality amongst the Europeans of that island was *one in three*. Upon inquiry into the habits of the residents, we found that intemperance prevailed amongst them to a most fearful extent; few getting up in the morning without their glass of sangaree (wine and water), and the strength of their beverage being gradually increased during the day, until it arrived at neat brandy at night. He further spoke of it as no uncommon occurrence for a party of friends who had met at a drinking bout, to be summoned within two or three days to the funeral of one or two of their number. Our informant was himself, apparently, quite indisposed to recognize between these occurrences any relation of cause and effect; and was obviously under the belief, that, if it were not for the protecting influence of good wine and brandy, his life would be worth a yet shorter purchase. Our readers will probably form a different conclusion. We have on various occasions sought for information from those who had best preserved their health during a long residence in tropical climates, as to their habits in regard to the use of alcoholic liquors, and have almost

invariably found that they had practised extreme moderation, if not total abstinence. All medical men who have practised in India agree in attributing the large proportion of cases of severe disease which present themselves among Europeans in that country to the immoderate indulgence in fermented liquors. A statistical proof of it is afforded by the fact quoted by us in a former Number of this Journal (January, 1841), in regard to the experience of the British army in Bengal, in which temperance societies (on the old plan of abstinence from distilled spirits only) had been established a few years previously. We must refer to our former abstract for a fuller statement of the results of the disuse of ardent spirits, and the diminished consumption of other fermented liquors; and shall only here state, that the returns drawn up by the Inspector-General for the first six months of 1838 show that the average daily per-centage of sick belonging to the Temperance Society (about one third of the whole strength) was only $3\frac{2}{3}$, whilst the daily per-centage amongst the remainder was $10\frac{1}{3}$. Even this result does not give the most favorable view of the case; for many men joined the Temperance Society whose constitutions had been ruined by previous dissipation, and several such were habitual tenants of the hospital until invalided. Since that time, the total abstinence principle has been introduced among Europeans in India and other tropical countries, and, we are assured, with the most favorable results.

There has been no want of satisfactory medical testimony in its favor. Indeed, all our best writers on tropical diseases are most explicit on this point. And we may here give the evidence recently given by Mr. Gardner, now superintendent of the Botanic Gardens in Ceylon, a well-educated surgeon, who spent several years of most active exertion in Brazil, and who penetrated into that country further than any other scientific European. During three years' travelling in that climate, under constant fatigue, and exposure to vicissitudes of weather and irregularity of living, his only beverage, besides water, was tea, of which he had laid in a large stock previously to his departure from Pernambuco. He was told, when he arrived at Brazil, that he would find it necessary to mix either wine or brandy with the water which he drank; but a very short experience told him, not only that they are unnecessary, but that they are decidedly hurtful to those whose occupations lead them much into the sun. "Whoever drinks stimulating liquors," he says, "and travels day after day in the sun, will certainly suffer from headache; and in countries where miasmata prevail, he will be far more likely to be attacked by the diseases which are there endemic."

Now this testimony, from those who *have tried* the experiment of total abstinence in tropical climates, and who have watched its results in others, must surely be regarded as of greater weight than any vague notion to the contrary, however prevalent

such notion may be; more especially as it corresponds exactly with what might be predicated upon scientific grounds. For, as we have already shown, the introduction of alcohol into the blood obstructs its depuration by the respiratory process; more especially when the surrounding temperature is high, and the natural exhalation of carbonic acid is consequently diminished. Hence the system is subjected to the injurious influences of an imperfectly decarbonized and aerated blood; and the liver is called upon to do what the lungs are prevented from effecting; the foundation being thus laid, in the habitual stimulation of the liver to undue functional activity, of inflammatory disease in that organ.

The testimony of those who are exposed to *vicissitudes* of climate is perhaps even more valuable than that of those who have to sustain continued heat or severe cold; and under this aspect we regard the evidence of intelligent seamen as of peculiar importance, in addition to the force it derives from the well-known attachment of their class to spirituous liquors. That such regard the total abstinence principle as at any rate a *safe* one, may be inferred from the circumstance, that it is now carried into practice in a very considerable part of the merchant service in this country, and in a still larger proportion of American vessels; and that the adoption of this plan is not known to occasion any difficulty in obtaining crews for the "temperance ships," when

a fair compensation is made in the superior quality of the provisions and allowances, or in the rate of wages, as an equivalent for the "stoppage of the grog:" in fact, such ships are often in positive request. And it is not a little worthy of note, that lower rates of insurance are frequently taken upon "temperance ships," than upon those in which the usual allowance of spirits is continued; it being well known, that a large proportion of losses at sea are due to the intemperance of officers and men. We consider that an immense improvement was made in the victualling of the navy, when the allowance of grog was diminished, and coffee, cocoa, &c. were substituted; and we trust, that the day is not far distant when the total abstinence principle may be recognized as worthy of government support in the army and navy, instead of being, as at present, checked or discouraged by the strong temptations to indulgence which are placed so completely in the way of the men, as to require great moral courage on their parts to resist them habitually. That the moral condition of sailors is more likely to be raised by the universal extension of the abstinence system amongst them, than by any other single measure of improvement, is unhesitatingly declared by all who have had experience of the superior conduct of the sailors on board the "temperance ships;" and we feel assured, that the "cat" may be discarded when the grog is thrown overboard; at least two thirds of the offences now punished by flogging having

their origin, directly or indirectly, in alcoholic excitement.

That there are peculiar difficulties attending the complete withdrawal of the allowance of spirits in the naval service, we freely admit; and it is well that these difficulties should be openly stated, in order that they may be fairly met, and, so far as possible, counteracted. We have requested a distinguished medical officer attached to the late antarctic expedition to place us in possession of his opinions on this point; and we are sure, that those who are acquainted with the scientific reputation of Dr. Joseph Dalton Hooker will consider the declared results of his experience under such trying circumstances as highly important. In reply to our question, whether the habitual use of fermented liquors may be *safely* dispensed with on board-ship, he thus writes: —

"I should say clearly so, and with benefit too; *provided the water be good.* For the comfort of the men, the water should be palatable; and this is far from being universally practicable. The *officer* can vary his viands and drink so much, that to have no spirits is no loss to him; but there is no substitute for grog to the sailor. Beer is too bulky; lemonade soon palls when daily used, and would not agree with all. Cold tea is not palatable to every one, even if recommendable; and the sailor gets hot tea once a day as it is, which in hot weather is almost once too often. You must not judge of the navy by the merchant service. In the latter, the sailor joins for immediate profit, and is willing to go through the voyage with bad water and no spirits, for it only lasts a few months or years; and, in joining an

abstinence ship, he does not forswear grog for ever, and has opportunities of varying his beverage with his ship. The good navy sailor, on the other hand, ships for forty years (at least such are the men we want and prize); and for five, or even seven years' commission at a stretch, in a very hot climate, where the water is bad, perhaps, he has but one diet, and no prospect of its being altered.

"Perhaps the gravest objection to abolishing fermented liquors in the navy allowance is, that you cannot do so with the officers. They are allowed to buy and lay-in private and mess-stock, and the service allows them stowage. It is not so with the sailor. He is prohibited from laying in a sea-stock, both because no room is allowed him to store it, and because he could not afford it, or be trusted if he could. In the army, where there is little or no communication between officers and men, and no intimacy, this would not tell so heavily as on board-ship, where every one has a great fellow-feeling with his shipmate, and where partiality, in the treatment of any class, with regard to the withholding of what each in his station is accustomed to on shore, could not fail to produce a very strong feeling. These are, however, secondary considerations. *Allowing the water to be palatable*, I have no hesitation in saying, that the habitual use of the spirit may be *beneficially dispensed with*, as far as the health of the crew is concerned."

Two points in the foregoing extract are particularly worthy of note: first, the importance assigned to the goodness of the water; and, secondly, the stress laid upon the example of the officers. It is well known that the substitution of iron tanks for wooden casks has been of the greatest benefit in improving the quality of the water on board-ship, as well as in saving stowage-room; but much still

remains to be done. If the accounts which we have recently heard, of the success of the application of electricity to the decomposition of those minute quantities of organic matter in water that has been long kept, to which its taint is due, — an application which has been recently made by the well-known electrician Mr. Andrew Crosse, and for which he has taken steps to secure a patent, — should prove correct, a great boon will have been conferred on our naval service, which will render it much easier, we hope, to extend to it the still greater boon of the total abstinence reformation. With regard to the influence of the example of the higher classes, we see that it is far stronger on board-ship than on shore, either for evil or for good. Let the officer once determine to forego his moderate allowance of wine, spirits, or malt liquor, and the seaman will be easily induced to follow his example. The medical officers of the navy have it in their power to set on foot a reformation, the glory of which shall far surpass that of the greatest victories which history records; for let *them* begin and persevere, without fear of ridicule or obloquy, and we feel assured that they will make certain progress, though it may be slow.

In reply to our second query, whether the abstinence in cold climates is attended with positive benefit, Dr. Hooker writes: —

"I do think that the use of spirits in cold weather is generally prejudicial. I speak from my own experience.

It is very pleasant. The glass of grog warms the mouth, the throat, and the abdomen; and this, when one is wet and cold, with no fire, and just before turning into damp blankets, is very enticing; but it never did me one atom of good. The extremities are not warmed by it; and, when a continuance of exertion or endurance is called for, the spirit does harm; for then you are colder or more fatigued a quarter or half an hour after it, than you would have been without it. Several of the men on board our ship, and amongst them some of the best, never touched grog during one or more of the antarctic cruises. They were not one whit the worse for their abstinence, but enjoyed the same perfect health that all the crew did throughout the four years' voyage. Many of our men laid in large stocks of coffee, and, when practicable, had it made for them after the watch on deck. These men, I believe, would willingly have given up their spirits in exchange for coffee; but we could not ensure them the latter on the requisite occasions. To the southward of the antarctic circle, or of lat. 50 degrees, you may say, it blew a gale three days out of five; there was always a heavy swell running; the whole ship and bedding were damp from condensation, where not so from shipping seas; the atmosphere of the lower deck (with hatches battened down) such that you could not see from one mess-table to another; and this for days together. There is neither standing, sitting, nor lying in comfort. All hands, officers and men, up and ready; the one watch on deck, the two others on the *qui vive* for any emergency. In cruising amongst the ice, the ship is perhaps put about every half-hour; and we have been for sixteen hours in this state. Every time we go on deck, we are drenched with cold salt water, which sometimes freezes as it falls; and, when you go below, there is really nothing to do but 'lick your paws,' as the men say. Nothing hot can be got."

Certainly, a more uncomfortable situation, short

of positive danger, can scarcely be imagined. Let us see what Dr. Hooker says of the use of spirits on these occasions, in answer to our third query, — whether there exist *any* circumstances which, in his opinion, render the *occasional* use of alcoholic liquors beneficial: —

"This is perhaps as extreme an instance as I could bring forward of the demand for spirits. Now I do not believe, that to 'splice the main-brace' half a dozen times, or even more, in this sixteen hours, would do any good in the way of giving strength; but to refuse the men some grog would be a great hardship. I have seen grog given, half a gill at a time, thrice, I think, under such circumstances, with no perceptible harm; but I do not suppose it did any good; and more would, I am sure, have done mischief. The fact of giving it did good in one way: it made the men joyful, not from excitation, but as we all rejoice on cutting the Christmas pudding; and I quite believe, that under that continued exertion the bad effects were dissipated. But this is a very different thing from doing any real physical good. I can well suppose the effect to have been, though inappreciably, the contrary. Of one thing I am sure, and that is, that no one was more ready for a repetition of the exertion from taking the stimulus: the intervening time was more pleasantly and comfortably passed. It may be a question whether, granting the spirits to have done some good towards exhilarating, when no modern appliances could be available, it would be desirable to withdraw it on such occasions. It is a choice of evils perhaps.

"I know of only one occasion on which the spirits appeared indispensable; and that was when a little more exertion, at the crowning of a mighty and long-continued effort, was demanded. Thus the ship, when sailing in the

pack-ice, is sometimes beset, or falls to leeward into the ice-ice. This takes two or three minutes; but, if there is much wind, it takes many hours to get her out. Not being in command, the sails are of no use; and the ice prevents her moving in any way but with it to leeward. Under these circumstances, the only way to get her out is by fastening ropes from the ship to the larger masses of ice, and warping her out by main force against the wind. Now, I have seen every officer and man in the ship straining at the capstan for hours together, through snow and sleet, with the perspiration running down our faces and bodies like water. Towards the end of such a struggle, at the mighty crowning effort, I have seen a little grog work wonders. I could not have drunk hot coffee without stopping to cool; nor, if I had, do I think it would have supplied the temporary amount of strength which was called for *on the spot* under circumstances like this. These, however, are extreme cases, which do not affect the sailor in his ordinary condition, and which any ship might be well prepared for."

Fully agreeing with Dr. Hooker, that we know of nothing which, under such trying circumstances, could be advantageously substituted for the alcoholic stimulus, we may add the remark, that, where the habitual use of it is relinquished, a much smaller amount of it will suffice to produce the required stimulation, than when a large allowance is daily imbibed. Every medical practitioner must be aware of the necessity of regulating the quantity he administers for any particular object by the usual habits of his patient; a single glass of wine doing that with one, which an entire bottle would scarcely effect with another more seasoned vessel. We must not omit Dr. Hooker's conclusion: —

"The great practical difficulty on board ship is, that you have no available substitute for bad water but good grog, as the sailor is at present situated. I cannot, however, but think that, with more attention to the comforts of the sailor, his own love of liquor would diminish; and that he might be weaned from it by the officers, though the depriving him of it by the Government would be a dangerous experiment."

We shall now pursue our inquiry through other occupations and habits of life; and in proof that the severest muscular labor, continued through long periods of time, and under circumstances of the most trying character, is perfectly compatible with total abstinence from alcoholic liquors, we shall present our readers with a few selections from a large body of testimony which we have obtained from sources worthy of complete reliance.

A gentleman residing at Uxbridge thus writes: —

"In the year 1841, I obtained the amount of bricks made in our neighborhood by our largest maker; and the result in favor of the teetotallers was very satisfactory. Out of upwards of twenty-three millions of bricks made, the average per man made by the beer-drinkers in the season was 760,269; whilst the average for the teetotallers was 795,400, — which is 35,131 in favor of the latter. The highest number made by a beer-drinker was 880,000; the highest number made by a teetotaller was 890,000: leaving 10,000 in favor of the teetotaller. The lowest number made by a beer-drinker was 659,000; the lowest number made by a teetotaller was 746,000: leaving 87,000 in favor of the teetotaller. Satisfactory as the account appears, I believe it would have been much more so, if the teetotallers could have obtained the whole gang of abstainers, as they were

very frequently hindered by the drinking of some of the gang; and, when the order is thus broken, the work cannot go on."

Brick-making, we believe, is commonly accounted one of the most laborious of out-door employments: at any rate, it is one which involves exposure to all the vicissitudes of weather, and therefore it may be taken as a fair sample of severe labor under trying circumstances. Respecting the above return, we think it should be especially remarked, that it does not record the result of a trial made expressly for the purpose, with full advantages on both sides, and continued for a short time, during which the desire for victory might be supposed to lend an adventitious aid; but that it shows the actual amount of work done during an entire season by bodies of men working on both systems, but not pitted against each other.

The following statement by Mr. William Fairbairn, an eminent machine-maker, of Manchester, at the head of a firm employing between one and two thousand workmen, will be found in the Sanitary Report for 1840: —

"I strictly prohibit on my works the use of beer or fermented liquors of any sort, or of tobacco. I enforce the prohibition of fermented liquors so strongly, that, if I found any man transgressing the rule in that respect, I would instantly discharge him without allowing him time to put on his coat. In those foundries in which there is drinking throughout the works all day long, it is observed of the men employed as workmen, that they do not work so well:

their perceptions are clouded, and they are stupefied and heavy. I have provided water for the use of the men in every department of the works. In summer-time the men engaged in the strongest work, such as the strikers to the heavy forges, drink water very copiously. In general the men who drink water are really more active and do more work, and are more healthy, than the workmen who drink fermented liquors.

"I observed, on a late journey to Constantinople, that the boatmen or rowers to the caïques, who are perhaps the first rowers in the world, drink nothing but water; and they drink that profusely during the hot months of the summer. The boatmen and water-carriers of Constantinople are decidedly, in my opinion, the finest men in Europe as regards their physical development, and they are all water-drinkers: they may take a little sherbet, but in other respects are what we should call in this country teetotallers." (p. 252.)

The following is the published testimony of Mr. Josiah Hunt, a well-known agriculturist in Gloucestershire, as to the efficient performance of harvest work on the abstinence system. His experiment is further valuable as showing the positive advantage gained by the substitution of articles of solid food for alcoholic liquors of equal cost, — a point of great economic importance to the laboring classes. After mentioning the terms on which his work had been done in former years (namely, 8*s*. 6*d*. per acre, and an allowance of three gallons of cider, or an additional payment of 3*s*. per acre), he continues: —

"I let eighty acres of grass to mow, harvest, and stack, to four of those who did the like last summer, with three

others, at 8*s.* 6*d.* an acre in money; and, instead of 3*s.* an acre for drink, an equal sum to be expended in the purchase of unintoxicating drink and food, on condition that neither of them should taste any fermented liquor during the progress of the work. Three of the men had signed the pledge in the previous winter: the other four did so about a fortnight after they began to work.

"They commenced on the 10th of June, and finished on the 26th of the next month; which was longer by two weeks than they would have been if the weather had proved fine. The whole of the work, without the least exception, was performed more to my satisfaction than ever was the case before. During the progress of it, they gave abundant proof that they were equal to as much work as any seven men in the neighborhood, and also to as much as they themselves had been equal to at any time whilst taking intoxicating drinks. They were not picked men; four of them, about the respective ages of 55, 41, 30, and 29, having worked for me for several years; the others, aged 41, 30, and 20, having been engaged at various times in the spring, without any intention of retaining them during the summer; and that they were not of more than average strength may be inferred from the fact, that I was told before they began: — 'We know very well how your experiment will end; for there are but two men out of the seven that can do a day's work: they will be knocked up before they have mowed two hours.' At the end of the first day's mowing, it was, however, found that they had done more than any other men in the neighborhood; and, as they thus proceeded without being 'knocked up,' the tables were turned, and I was then told that they performed so well in consequence of their good living. How this was obtained, I propose presently to show; but, before doing so, I must, in justice to the men, add, that their conduct during the summer has presented a striking contrast to much that I have witnessed in ale and cider-drinkers. I

have not heard any improper expression escape either of them during the whole period, and their general behavior has been very creditable.

"Instead of intoxicating drink, they used tea and cocoa, sweetened with sugar or treacle and skim-milk. The following are the quantities used, with the cost, viz.: 2 lb. of tea, 22 lb. of cocoa, 31½ lb. of sugar, 4½ lb. of treacle, and 60 gallons of skim-milk; all of which cost £3. 12*s.* instead of (as at the rate of the cider last year) £12. There thus remained £8. 8*s.* to expend in food; and for one shilling more than this sum, or £8. 9*s.* they were enabled to procure the following, viz.: one hundred-weight of beef, one hundred-weight of bacon, four sacks of potatoes, and one sack of flour, with twenty pounds of suet for puddings; all of which 'good living,' be it remembered, was obtained out of the saving effected by the substitution of an unintoxicating drink for the intoxicating and expensive one of the previous summer." (Bristol Temperance Herald, Sept. 1841.)

As this, being the testimony of a single individual, might be thought open to question, we shall add a summary of the testimony of thirteen farmers and laborers in the neighborhood of Bodwin, Cornwall, who have for some years been in the habit of prosecuting their harvest operations without any allowance of alcoholic liquors to the men engaged in them; — an equivalent of some other kind being of course given. The total number of acres of hay and corn harvested by them on this plan in 1846 was 1,518; and, if to this be added the quantity harvested by teetotallers who were mixed up with beer-drinkers, the total amount harvested on the abstinence principle by the farmers attending Bodmin market would not be short of three thousand

acres. This, we think it will be allowed, is a scale of operations quite sufficient to afford satisfactory results. The testimony of those who employ none but total abstinence laborers is unanimous in favor of the system. "I feel assured," says one, "that work can be performed better on the teetotal principle, and that quite as much work can be done as on the use of alcoholic drinks. I am quite satisfied of total abstinence being more congenial to health, strength, and happiness in the harvest-field than the old drinking system, and am resolved, as long as I remain a farmer, to save all my hay and corn on that principle." — "I am glad to inform you," says another, "that I have done my labor this harvest with comfort and contentment on the teetotal principle, as I have for the past *eight successive* harvests." "Our parish," writes a laborer, "is divided into small farms; and many of the farmers have their harvest-work done by men who have to go to the mine or stream-work, and do their day's work first, and then in the afternoon they go in the harvest-field; and most of them say they would rather have teetotal beverages than intoxicating drinks. I have passed through *nine* harvests on the teetotal principle, and three I have been on the cold water system, and I find this is best of all. I have been at it for a month together, and I could always do my work to the satisfaction of my employers; and the men I have worked with have said that teetotalism is best." Another farmer says, "We have

saved our hay and corn for eight or nine years to my satisfaction; the last two years the best of all. The last harvest has been passed with pleasure to the men (though not pledged teetotallers) and to myself. Not an oath nor an angry word has been heard. We have worked in times of necessity till ten o'clock; and I never heard one say that he was tired. One of them cut an acre and a half of wheat after two o'clock; two acres a day per man was the average quantity cut; and they worked with such comfort to themselves, that they wish to go through another harvest on the same principle." — "I have sent," writes another farmer, "the return of the hay and corn I have cut and saved this year; and I can say, that I have done it much more comfortably on the teetotal principle than we ever did when we used malt liquor: the work-people have done their work well and with great spirit." — "Without any brawl or any thing uncomfortable," is the additional testimony of another. — "As to the comfort of the plan," writes another, "I can say, the more I have of it, the better I like it. Never did I do my work so easily, nor enjoy my health so well, as I have since I abstained from all intoxicating drinks; and, as to the work-people in the harvest-fields, all appeared to be pleased and satisfied; and some of them, who were not teetotallers, said that they would sooner work on the teetotal plan than on the drinking system, if they could be attended to properly. My full conviction is, that, if farmers would but put

half the expense in solids and teetotal drinks for their men that they put in beer and cider, their men would be better pleased, and their work be better done, and a great deal of sin would be prevented." Where an improved diet has been substituted, in the Bodmin district, for alcoholic drinks, it has been found that the laborers, like Mr. Hunt's, *increased* in weight during the severe labor of harvest, as much as five pounds per man on the average.

We think that we have now adduced sufficient testimony of the inutility, to say the least, of fermented liquors, as regards the maintenance of muscular strength in field labor. It is obvious that practice here fully bears out theory; and that the substitution of solid aliment containing the materials of muscular tissue, for a liquid which contains but little of these, and whose principal constituent is a heat-producing substance, — never less wanted than when laborious exertion is being made under the summer sun, — is attended with the very result which the physiologist would predict, namely, an increase in the amount of muscular substance, and consequently in muscular vigor. If we only go the length of admitting that they are unnecessary, the duty of doing our utmost to check their employment seems to us imperative; since it is the universal testimony of those who have fairly tried the abstinence system, that the temper and habits of workmen, who were previously "moderate drink-

ers," are in every way improved by it, — to say nothing of the avoidance of absolute intoxication with all its evils, which, although the most obvious, is not perhaps the most important result of the abstinence system; since, for one *drunkard*, there are scores who are injuring their bodies and souls, their families and their employers, and who are consequently in the end more or less burdensome to the public at large, by what is accounted amongst them but a *moderate* use of fermented liquors.

We shall next adduce evidence of the equal inability of alcoholic drinks to sustain the bodily powers in prolonged labor of other kinds; and we may first mention a very striking case which came within our own knowledge a few years since. A gentleman with whom we were then intimate, and who, though moderate in his own habits, was by no means a disciple of the total abstinence system, informed us, that he had once had the command of a merchant vessel from New South Wales to England, which had sprung so bad a leak, soon after passing the Cape of Good Hope, as to require the continued labor, not merely of the crew, but of the officers and passengers, to keep her afloat by the use of the pumps, during the remainder of her voyage, a period of nearly three months. At first, the men were greatly fatigued at the termination of their "spell" at the pumps: and, after drinking their allowance of grog, would "turn in" without taking a proper supply of nourishment. The

consequence was, that their vigor was decidedly diminishing, and their feeling of fatigue of course increasing; as our physiological knowledge would lead us to expect. By our friend's direction, coffee and cocoa were substituted for the grog; a hot "mess" of these beverages being provided, with the biscuit and meat, at the conclusion of every watch. The consequence was, that the men felt inclined for a good meal off the latter; their vigor returned, their fatigue diminished, and, after twelve weeks of incessant and severe labor (with no interval longer than four hours), the ship was brought into port, with all on board of her, in as good condition as they had ever been in their lives. When visiting Messrs. Boulton and Watt's celebrated factory at the Soho, Birmingham, some years since, we were much struck by the Herculean aspect of a particular workman, who was engaged in forging the steel dies (used in coining) into the massive blocks of iron in which they are imbedded. This, we were informed, was the most laborious occupation in the whole factory, requiring a most powerful arm to wield the heavy hammer whose blows were necessary to ensure the union of the two metals, and involving also constant exposure to a very high temperature. The day was sultry and oppressive; and the additional heat of the forge was, to our feelings, almost unbearable. But we stood awhile, watching this gigantic workman, the girth of whose chest seemed twice that of any ordinary

subject, whilst, naked to the waistband, and with the perspiration streaming down his head and body, he dealt the rapid and skilful blows of his ponderous hammer upon the heated mass. At the first pause, we asked him (from mere curiosity, for teetotallism was then scarcely talked of) what liquor he drank: and he replied by pointing to a whole row of *ginger-beer* bottles behind him, the contents of one of which he imbibed every ten or fifteen minutes. He stated, upon further questioning, that he found it quite impossible to drink alcoholic liquors whilst at his work; their effect being to diminish his strength to such a degree as to render him unfit for it.

This case might be regarded as a solitary exception: but the fact is, we believe, borne out by general experience, — men who have to carry on laborious occupations at a high temperature, as in iron-foundries, gas-works, sugar-houses, &c. finding that the use of alcoholic liquors, whilst they are so employed, is decidedly prejudicial to them. Most such men, however, are in the habit of drinking a moderate amount of beer or other fermented liquors in the intervals of their work, and many more drink to excess; the idea that such liquors enable them to support their exertion being a very prevalent one among all classes. The matter was long ago put to the test, however, by Dr. Beddoes, who, under a conviction of the worse than useless character of fermented liquors for this purpose, went to the

anchor-forge in Portsmouth dockyard, and, selecting a dozen of the smiths, proposed to them that six of them should drink only water for one week, whilst the others took the usual allowance of beer. The men, convinced that such a system would not answer, refused to try the experiment, and were only induced to do so on the promise of a reward if they succeeded in beating the beer-drinkers. On the first day, the two sets of men were very much alike; on the second, the water-drinkers complained less of fatigue than the others; the third day, the advantage was decidedly in favor of the abstainers; the fourth and fifth days, it became still more so; and, on the Saturday night, the water-drinkers declared that they never felt so fresh in their lives as they had felt during that week. This result may fairly be viewed with suspicion, on account of the strong inducement which this benevolent but not always judicious physician had placed before the water-drinkers to procure their trial of his system; and it might also be objected, that a week's experience was not enough to test it. There is ample evidence at the present time, however, contained in the various publications devoted to the total abstinence cause, that labor of the severest kind, and under exposure to the greatest vicissitudes of heat and cold, may be fully as well sustained without alcoholic drinks, as with the most moderate and regulated employment of them. We shall not quote from these publications, however, because their

statements may appear to bear the stamp of partiality. It is comparatively easy, it may be objected, to get up a body of evidence in favor of *any* system of quackery; but the *whole* truth must be known, before we can give assent to doctrines so completely opposed to the experience and common sense of mankind. We have already grappled with the latter part of the objection, and have shown that the experience of mankind at large is decidedly in favor of habitual abstinence from fermented liquors; and, in regard to the particular question of evidence, we trust that our readers will give us some credit for discrimination when we state, that we have ourselves collected and carefully examined a great variety of evidence from all parts of the kingdom, some of it furnished by unwilling and much more by indifferent witnesses. Among the documents which we have before us is a letter from a "moulder" in the Gorbals iron-foundry at Glasgow, containing the following statement: — "I can assure you, that temperance men can do more work and better work than those who use or indulge in spirituous liquors of any kind. I have joined the Total Abstinence Society *eleven years* ago, and from that day to this hour I have abandoned the use of spirituous drinks; and the happy result has been, that I am better in health, and abler for work, than when I was indulging in the use of those delusive liquors." From Rotherham we have the testimony of a hundred reformed drunkards, of various occupations; among

them, that of S. S. who has been a teetotaller now about seven years, and whose work is moulding iron plates for spades and shovels, which is, taking it throughout the day, one of the hottest and most laborious occupations known. We have received from Leeds the testimony of thirty-four men (and we are assured that many more might have been easily obtained), whose signatures are appended to the following statement: — "We, the undersigned, having practised the principles of total abstinence from all intoxicating liquors, for the several periods stated below, and having during that time been engaged at very laborious occupations, voluntarily testify that we are able to perform our toil with greater ease and satisfaction to ourselves, and we believe more to the satisfaction of our employers also, than when we drank moderately of these liquors: our general health and circumstances have also been considerably improved." Of these men, twelve belonged to the class whose occupations are commonly regarded as peculiarly trying; seven of them being furnace-men at foundries and gas-works, two of them sawyers, one a whitesmith, one a glass-blower, and the last a railway night-guard. The duration of the periods of abstinence of these men ranged from one to ten years. The following is the experience of a wood-sawyer of Glasgow, whose very well-written letter now lies before us: — "I have wrought at this laborious employment for twenty-six years in the city of Glasgow, fifteen

years of which I was under the fatal delusion that these liquors were strengthening, and that my hard work required that I should use them for the purpose. I joined the Total Abstinence Society eleven years ago, and from that day to this hour I have abandoned the use of these drinks; and the happy result has been, that I have been enabled to endure more fatigue, do my work better, and do more of it, than when I was indulging in the use of these delusive liquors." The following is another very striking testimony, given by a nail-maker at Glasgow: — "I have been a teetotaller these five years; and though I previously believed that strong drink was necessary to aid me in my work, yet, since I have become an abstainer, I find hard work easier, and long hours more readily to be endured. I am also one of the Glasgow Fire Brigade, and was once at a great fire at Mr. Thompson's mill for *seventy-three* hours in succession, with nothing but coffee and ginger-beer, and endured while all my comrades were beat and fell away." In the month of April of the present year, the Temperance Society of Leeds closed their monthly meetings for the season with a "working man's demonstration," at which the representatives of twenty-one laborious occupations publicly testified to the compatibility of hard labor with perfect health on the total abstinence plan. The duration of their trial was in no instance less than three years, and in many instances extended to eleven; the shortest of these periods being, we

should think, quite sufficient to test the value of the system.

We do not think it necessary to adduce any further evidence in support of our main position, that total abstinence from fermented liquors is consistent with the maintenance of the most perfect health, even under the constant demands created by labor of the severest kind, or by extremes of temperature; and that, on the whole, the abstinence system is preferable, on physical grounds alone, to the most moderate habitual use of them. The most powerful claim, however, which the total abstinence advocates have upon public attention, lies rather (to our apprehension at least) in the moral benefits which their system is calculated to produce; and it is with reference to these that we would earnestly recommend our readers to examine for themselves, whether a great deal that is commonly believed as to the *therapeutic* use of alcoholic liquors is not equally baseless with the notion of the necessity of their habitual use for the sustenance of the body in health. There can be no reasonable doubt that a great deal more wine, &c. is employed as medicine than there is the least occasion for. It is so pleasant a remedy, that we have recourse to it on the slightest occasion. People prescribe it for themselves, because they think they understand its action sufficiently well to supersede the necessity of proper medical advice, and because it is so palatable and comforting a draught. Other medicines are usually

nauseous to the taste, and our patients are glad enough to get rid of them when they have done their work; but this is too frequently continued long after the purpose which it is supposed to answer is no longer required. And there is abundance of melancholy proof, that a craving for fermented liquors, which has ultimately led to habits of the most degrading intemperance, has been not unfrequently created, even in most delicate, refined, and high-principled women, by the habitual use of them when introduced under the guise of medicine by the physician. The records of total abstinence societies, moreover, show that in a very large number of cases in which drunkards, supposed to be reformed, have "broken out," or returned to their intemperate habits, the cause of the relapse has been the use of fermented liquors under medical direction, the mere taste of which has excited the craving that seemed long subdued. Hence, in some of the forms of "pledge," the promise is made to refrain from even the medicinal use of alcoholic liquors; which we regard as a most dangerous and unwarrantable proceeding, since there are cases (as we shall presently attempt to show) in which no other agents can have the same beneficial effect, and the difference may even be one of life or death. The proper course we apprehend to be, that those who take the total abstinence pledge should promise not to take alcoholic liquors, except when these are ordered by a qualified medical practitioner; and

it is the obvious duty of the medical profession to refrain from ordering them, except where the indication of benefit to be derived from their use is of the plainest possible kind.

We believe that if the question of the therapeutic use of fermented liquors be placed in the same aspect as that on which we have on former occasions attempted to show that the action of almost all our remedies must be at present viewed, — namely, as quite open to that new kind of investigation which consists in the comparison, not of different methods of treatment one with another, but of the results of each method of treatment with the natural course of the disease, — a great deal of evil of various kinds will soon be done away with. At present, nothing in the annals of quackery can be more truly *empirical* than the mode in which fermented liquors are directed or permitted to be taken by a large proportion of medical practitioners. If their physiological action be really as grossly misunderstood as we deem it to be, — if their benefit can be looked for in little else than their stimulating effects, and the belief in their permanently-supporting character be really ill-founded, — if we are to distrust the grateful sensations which commonly follow immediately upon their use, and to look for evil in their more remote consequences (as the experience of the results of their habitual employment would lead us to do), — then it is obvious that a great change will be needed in our usual practice in this respect, in order to

bring it into conformity with the mere corporeal requirements of our patients, to say nothing of its bearing upon their moral welfare. We shall not presume to attempt a full exposition of all the circumstances in which the therapeutic use of fermented liquors is indicated; but we shall endeavor to lay down a few general principles, based upon the data which we may derive from the phenomena of their physiological action, and from practical experience as to their habitual or occasional use in the state of health.

In the first place, then, we may lay it down as a general principle, that, as alcohol cannot serve as a *pabulum* for the healthy tissues of the body, so it cannot give any *direct* support to the system in furnishing the materials of those morbid products, which frequently constitute a drain upon the system that may become most serious from its amount and continuance. But it will be said, that ample experience has shown that the administration of fermented liquors, in cases of excessive purulent discharge (for example), is the only means of sustaining the feeble powers of the system; and we are not disposed to deny that benefit is derivable from them. But we believe that this benefit is to be looked for in their stimulating action upon the digestive apparatus, which enables it to prepare and introduce into the system such an amount of the nutriment that constitutes its real pabulum, as it would not otherwise be able to assimilate. We

believe it will be found, that, if our *chief* trust be placed in fermented liquors in such cases, failure is almost inevitable; and that the *power* of the system will depend, not upon the quantity of wine or porter that can be poured in without intoxicating effects, but upon the amount of solid nutriment which the patient can digest by their assistance. The quantity of alcohol given should therefore be carefully regulated by this indication; and it should be reduced in proportion as the demand for nutriment is lessened, and the tone of the stomach improves. There is another large class of cases with which practitioners in large towns are especially familiar, in which it is of the utmost importance to sustain the powers of the system for a time against some depressing influence, even though there be no considerable demand for material in the form of an extensive suppuration, or the like. Such cases present themselves especially in ill-fed and intemperate subjects, especially among such as have been exposed to the additional depressing influences of bad ventilation and drainage. Almost every disorder in their frames has a tendency to assume the asthenic form; and it is of the greatest consequence, as in the instance already alluded to, to obtain the assimilation of nutritious matter. Here, too, we believe that fermented liquors are indicated, not so much as general stimulants, but as exercising upon the digestive apparatus an influence which no other remedy with which we are acquainted can so forci-

bly exert. But for this purpose we apprehend, that the quantity requisite is far smaller than that which is usually administered; and that great injury is often done by over-stimulating the stomach, and thereby positively weakening its power of supplying the real wants of the system.

It is, again, by their temporary stimulus to the digestive operations, that fermented liquors seem to be *occasionally* useful during pregnancy and lactation. We believe that in every case in which the appetite is good, and the general system healthy, the habitual use of these stimulants is positively injurious; and the regular administration of alcohol, with the professed object of sustaining the strength under the demand occasioned by the copious flow of milk, is one of the grossest pieces of quackery that can be perpetrated by any practitioner, legal or illegal. For alcohol affords no single element of the secretion; and, if the materials of the latter are introduced into the system as fast as they are drawn out of it, there is no exhaustion. In a healthy subject, and under a proper system of general management, this will be the case; and alcohol can do nothing but harm. But there are cases — very few, however, in comparison with the whole — in which the conditions of pregnancy and lactation produce an irritable state of the stomach, that prevents it from digesting, or even receiving, that food which the system really demands; and in some of these we have known the regular administration of a

small quantity of alcoholic liquor more efficacious than any other remedy. In one instance of this kind that fell particularly under our notice, in which the mother was most anxious to avoid the assistance of fermented liquors, the lactation must have been early stopped, on account of the want of functional power in the stomach, and the very poor quality of the milk, had it not been that the administration of a single glass of wine or tumbler of porter per day was found to promote the digestive power to the requisite degree, and thus to produce a general invigoration of the system, which was speedily manifested in the improved condition of the child as well as of the mother. The small allowance we have mentioned never required an increase, and was relinquished without difficulty soon after the weaning of the infant.

We believe, then, that cases are of no infrequent occurrence in which, under some *temporary* depressing influence, the powers of the digestive apparatus are not adequate to supply the demand upon it made by the system, and that recourse may in such cases be advantageously had to alcohol as an equally *temporary* stimulus. But it is worthy of consideration, whether, when it is thus administered for purely medicinal purposes, it may not be desirable to give it in such a medicinal *form* as will render it not peculiarly palatable or inviting, in order that the patient may have no inducement to continue the use of it after the real demand has ceased to exist.

There is another class of cases in which it appears to us that alcohol may serve a most important purpose that no other substance can answer. We refer to those in which there is a positive deficiency of heat-producing materials in the system, and in which the digestive apparatus is for the time incapable of introducing such as are ordinarily most serviceable for this purpose. Such a condition is the result of many exhausting diseases, and more particularly of certain forms of fever, in which, without any particular local affection, the powers of the whole system are prostrated by the action of a poison introduced into the blood. Day after day, the fatty matter of the body is used up in the respiratory process, and no food is taken in to replace it; and thus, as in cases of simple starvation, the patients die of *cold*, unless some means be taken to sustain their heat. Now, there is reason to believe, that, when alcoholic liquors are received into the stomach, they are taken into the circulation, not by the lacteals, but by the more direct channel afforded by the permeable walls of the capillaries of the mucous membrane. Theory would teach us, that through such a thin septum the alcoholic fluid, being thinner than the blood, would pass towards the latter by endosmose; and experiment fully confirms this view, since it was found by Sir B. Brodie, that alcohol, in strong doses, exerts its usual effects upon the system, even though the thoracic duct be tied; and MM. Bouchardat and Sandras have obtained evi-

dence of its presence in the blood of the gastric veins. Thus, then, alcoholic fluids introduced into the stomach can be directly absorbed, without any of that preparation which the oleaginous or farinaceous materials of combustion require; and we can well understand, therefore, how, in the advanced stages of fever, when every thing depends upon the power of sustaining life until the poison has been expelled from the system, alcohol should be a more powerful therapeutic agent than any other. A severe epidemic of the kind we allude to (the *synochus* of Cullen), which we witnessed some years ago, afforded us the opportunity of seeing the results of opposite modes of treatment in two sets of cases as nearly similar as might be: in neither were any very decided measures adopted during the early stages of the fever, for none seemed called for; but in one set the same expectant practice was continued to the end, whilst in the other the administration of wine and spirit was commenced as soon as the weakness of the pulse and the coldness of the extremities indicated the incipient failure of the circulating and calorifying powers. The quantity was increased as the necessities of the patient seemed to require; and we remember one case in which a bottle of sherry and twelve ounces of whiskey every twenty-four hours was the allowance for some days. The result was, that the mortality on the former system was at least three times as great as on the latter; the patients dying from simple exhaustion

and cold, and no local lesion being detectible on post-mortem examination.

Now, in cases where alcohol is thus beneficial, there is an absence of any thing like *stimulating* effects. The pulse is usually *lowered* in frequency, instead of being accelerated, and the brain is brought back to more regular action, instead of being disturbed. That a very large quantity of alcohol can be thus given without producing a stimulant effect (and the same is probably true of alcohol taken during exposure to very severe cold) is probably due to the fact of its being burned off almost as fast as it is taken into the circulating system, so that it never accumulates to such an extent as to act injuriously on the brain. We are acquainted with no case in which the beneficial influence of a particular remedy, when administered with caution and discrimination, is more obvious; and we would strongly urge upon those who *intemperately* (as we think) advocate the total abstinence cause, and who deny that alcohol *can ever* exert any beneficial influence on the human body, to consider whether so clear a case is not here made out, as to show that one exception, at any rate, must be made to their assertions.

These are the principal classes of cases in which the regular use of alcoholic fluids seems to us to be indicated. Of those in which their administration as stimulants is urgently called for, in order to sustain the flagging circulation, when the heart's

action is enfeebled by some violent shock to the general system, — such as concussion of the brain, a blow on the epigastrium producing concussion of the solar plexus, extensive burns or lacerations of the surface, severe and sudden hemorrhage, and the like, — we need say but little. Nothing can be more absurd than to say, that, because alcohol is a poison, it can never be beneficial, since the same applies to every one of our most potent remedies; and those who declare that they had rather die than swallow a drop of this poison (and we have been assured that this threat has been acted on), seem to us as wilfully throwing away their lives, as the suicide who takes a dose of prussic acid, or blows his brains out with a pistol. In many of the cases we have mentioned, none but alcoholic stimulants will have the desired effect; and if that effect be not produced, death is inevitable. Those who have watched, as we have, by the bedside of children in a state of collapse from a severe burn, and have had the satisfaction of finding themselves able to sustain the circulation and the warmth of the body by the frequent administration of a spoonful or two of cordial, but have experienced the subsequent mortification of finding, that, when they had given place to another less attentive nurse, the little patients have sunk after a brief intermission of the constant support which they require, can fully enter into our appreciation of the value of this class of remedies. But, in all cases of this kind, it is of the utmost

importance not to carry the stimulating plan too far, or the subsequent re-action may give us a fearful retribution for our incaution. And this is of course to be peculiarly borne in mind in cases of concussion of the brain; since the re-action which results from the injury alone is in many cases so difficult to combat, without the addition of that which results from the injudicious use of stimulants. We are inclined to think, that in many cases of prostration, in which the cooling of the body is taking place rapidly, and offers an additional impediment to the restoration of the circulation, the freer application of external warmth, especially by means of the hot-air bath, is likely to prove a most useful adjunct to the stimulants exhibited internally.

The class of cases in which the habitual use of alcoholic stimulants is most commonly, and, in our opinion, most perniciously, recommended by practitioners of medicine, is that in which there is chronic disorder of the digestive apparatus, with its multiform consequences. This disorder, in at least nine cases out of ten, has its origin in inattention to the laws of health, as regards diet, regimen, exercise, physical or mental exertion, and the like; and we cannot reasonably look for its cure by the use of stimulants. For the action of these, in such states of the system, is precisely like the application of the whip or spur to the horse already tired, which produces a temporary improvement in his pace, and prompts him to get through his work the quicker,

but which leaves him, when he has done it, more fatigued than if he had taken his own time. We do not in the least deny, that, by men who are undergoing the excessive "wear and tear" of incessant and anxious mental exertion, the work is accomplished with more feeling of ease at the time, and even with less immediately consequent fatigue, when alcoholic stimulants are moderately employed. And upon such a system we find men going on month after month, and even year after year, without any obvious injury. But the time almost inevitably comes, when the overtasked system gives way; and long and difficult is then the process of restoration from its disordered state, as every medical man well knows. Now, we are confident, that, when the exertion of the nervous system is greater than can be borne without the assistance of alcohol, provided due attention be given to diet, fresh air, out-door exercise, and sleep, the excess produces a positive injury, which is sure to manifest itself at some time or other; the use of alcohol only warding it off for a time, and preventing it from being at once felt. It is in renovating the system after such a course of long-continued ill-treatment, that we regard the hydropathic treatment as peculiarly effectual. We may keep our patient in town at his usual occupations, practise all kinds of experiments upon his stomach, recommend fat bacon or lean chops, prescribe blue-pill or senna-draught, or quinine and calumbo, and ring the changes upon all the wines and malt-

liquors which the cellar can furnish, in search of one that shall be free from directly injurious consequences; but we shall not effect a twentieth part of the benefit which our patient will derive from giving himself a complete holiday, betaking himself to some agreeable spot where there is sufficient to interest him, but nothing to excite; promoting a copious action of his skin by exercise, sweating, and free ablution; washing out his inside with occasional (but not excessive) draughts of cold water; and trusting to the natural call of appetite alone, in preference to artificial provocatives. Let those who decry hydropathy witness the results of this method, as we have done, in but a few cases, and they *must* come to the conclusion, unless blinded by prejudice or interest, that water is better than wine; and that a hearty miscellaneous meal, swallowed with a vigorous natural appetite, is more invigorating than the carefully-selected and delicately-prepared viands to which the dyspeptic subject is compelled to restrict himself, and which he can only digest with the aid of a glass of sherry, or a tumbler of bitter ale.

The insensibility to the effects of various morbific causes, which the use of alcoholic stimulants induces, and the toleration of them which it thus permits, is one of the most fertile sources of subsequent disease. As in the cases just adverted to, if we are prevented from feeling the *immediate* consequences of our improper course, we flatter

ourselves that we are uninfluenced by them; and we give to our wine, our spirits, or our beer, the credit of the escape. But this is far from being the case. The enemy is only baffled, not dispersed; and, although he lies concealed for a time, he only waits until his onslaught can be more effectually made. Bad air, insufficient and unwholesome food, impure water, foulness of the skin and garments, and similar departures from the strict laws of health, *must* exert their influence on the system, all the alcohol in the world notwithstanding; and it is one of the greatest benefits of abstinence, that, by making these evils less endurable, it prompts the sufferer to seek a remedy. Let our readers refer to the account of the former condition of the great tailors' workshops in London (Sanitary Report, 1842, pp. 99 *et seq.*), where the heat and closeness were such that, on the coldest nights of winter, large thick tallow candles melted and fell over with the heat, and fresh hands from the country fainted away; and where gin was taken at seven o'clock in the morning to get the strength up for the day's work, and repeated three or four times in the subsequent ten hours; and then look at the consequences upon the health of the men, whose average age is not above thirty-two years, owing to the large mortality from consumption; whilst, at fifty, they are considered as superannuated. We have here an example that speaks strongly for itself. And, applying this result to other cases, we think it will be admitted,

that when the *tolerance* of such nuisances as exist in the dwellings and workshops of our laboring population depends upon the use of fermented liquors, it is nothing less than an unmixed evil.

We might have added much upon other topics connected with the therapeutic use of alcohol; but our limited space compels us to leave it with only one observation. The whole medical art is based upon experience; and the value of any remedy can be only fairly tested by the omission of it in some of the cases in which it has been reputed to be most successful. Nothing can be stronger than the reputation which alcoholic stimulants have acquired, as affording efficient aid in the maintenance of the bodily strength under circumstances calculated to exhaust it; and yet the most unimpeachable testimony has shown the fallacy of this opinion, and has put "universal experience" quite in the wrong. So it has sometimes happened that medical men have assured staunch teetotallers that they would die unless they admitted alcohol into their system as a medicine; but the patients, being obstinate, did neither, thus falsifying the prediction in a very unexpected measure, and proving that the experience of doctors is not more infallible than that of the public.

We should gladly, also, have discussed the question, whether the sudden and complete disuse, or the slow and gradual diminution, of the allowance of fermented liquors, in cases where intemperate

habits are to be reformed, is the least injurious to the constitution. But this, too, we must dismiss with the brief observation, that, considering the large number of habitual drunkards who have adopted the former course, the number of cases of delirium tremens that have occurred in consequence has been marvellously small. If the moral strength could be relied on to adopt the more gradual method, we should consider it as safer on the whole; but in those who have been subjected to the degrading influence of frequent intoxication, and have acquired that craving for liquor which must be regarded as constituting a diseased condition, every taste of the forbidden gratification occasions a fresh conflict with the better nature, to which it is most dangerous to subject it, and the shortest method is generally the safest.

We now commend this important subject to the best attention of our readers. We speak as unto wise men; and we ask for nothing but a candid and dispassionate hearing.

We have attributed this article to Dr. Forbes, without direct authority from him. But, as he was the sole Editor of the "British and Foreign Medical Review," — as the article has been published with his sanction, and as there are few individuals who possess so great a knowledge of the subject, and so much talent for its development, — we think that no great mistake can be made in imputing it to this distinguished person.

A VOICE FROM ENGLAND.

EXTRACTS FROM A WORK ENTITLED

"COMMON SENSE,"

BY THE

REV. WM. WIGHT, B.A.

Of Corpus Christi College, Cambridge, and Curate of St. John's, Newcastle-upon-Tyne.

"The great philanthropist, Howard, is reported to have said, that, of all the inventions for inflicting misery upon the human species, he believed there was none so satanic, or so fatal to man, as the invention of strong drink; and Howard became an abstainer. Would that we possessed more of his self-denying spirit!"

"A clergyman in Sussex says, that, previous to going up to Sydney College, he determined to become a total abstainer. There went up at the same time with him a party of his friends, most of them clergymen's sons, but without this principle of total abstinence. Before they had been at Cambridge twelve months, every one had turned out a *rowing* dissipated character, so much so that he could no longer associate with them."

"Among the Dissenters, the Rev. Mr. Dickenson says, that nineteen cases out of every twenty calling for church discipline, are through strong drinks."

"Rev. Mr. Baker speaks of the master of a village school near London, who, on examining the names of one hundred and thirty persons living in the village, and whose names appeared in the register of the school, ascertained that *ninety-one* were open drunkards."

"The author has received a letter from a gentleman in the county of N———, and from which the following is an extract:—'I am a Churchman, and love my Church; and I should love her more, were her hallowed walls cleansed from the foul stain of intemperance. Our

previous minister was a confirmed drunkard. I was obliged to leave my parish church, and attend one about a mile and a half off. Of seven Church ministers in this neighborhood, I have seen five tipsy.'"

"The Rev. Mr. Jay, of Bath, says that in one month not less than seven Dissenting ministers came under his notice, who were suspended through intoxicating liquors. Thus, alas! priest and prophet are erring through strong drink, and yet we are repeatedly told intemperance is confined to the working classes."

"Many persons argue, that a more extended system of education would remove drunkenness among the working classes; yet, in the deeply interesting inquiry which recently took place in the House of Commons concerning the condition of the working classes, a most competent authority was quoted who declared education would do little or nothing to protect the people against the inducements held out to drink."

"According to that excellent and Christian statesman, Lord Ashley, England, notwithstanding the great increase of her benevolent and religious institutions, has not, for the last two hundred years, been in a more degraded and heathenish state than at the present moment. Now, the present day abounds with plans for improving the condition of the people; but can any of them succeed against the blasting and withering influence of our drinking customs? It is a physical impossibility. Take Birmingham, the workshop of England: notwithstanding all the clamors of the people about taxation and depression of trade, it appears the people of that town are spending more than £600,000 annually in strong drink. At Glasgow a committee was appointed some time back to inquire into the causes of distress so prevalent; and it came out in evidence, that £1,200,000 were annually spent in that city in intoxicating liquors, of which sum the working classes spent *one million*. The comparatively small town of Paisley was petitioning Parliament lately for assistance to save the wretched inhabitants from actual starvation, yet was this town spending at the rate of £80,000 a year in alcoholic drinks."

"In a mere physical point of view, the consideration that the capital embarked in our intoxicating drinks employs about 400,000 hands; which capital, were it not connected with the manufacturing of these things, would flow in *useful* trades and enterprises, and would employ not 400,000, but something like *three millions*: one would suppose, that this fact would alone be sufficient to commend the adoption of teetotallism to every humane and benevolent heart."

"At the great national banquet which took place in Dublin, Lord Morpeth, after giving the particulars of the returns of outrages in the

constabulary office, by which it appeared that since 1836 they had diminished one third, proceeded to remark that, of the heaviest offences, such as homicides, outrages upon the person, assaults with attempts to murder, aggravated assaults, cutting and maiming, there were, in 1837, 12,096; in 1838, 11,058; in 1839, 1,097; in 1840, 173."

"The defalcation in the revenue consequent upon the temperance movement in Ireland for 1842 or 1843 was, if we remember right, £300,000 in the article of intoxicating drink; but the entire revenue showed an increase of no less a sum than £90,000. Thus the Government, instead of receiving £300,000 upon articles which only demoralized and poisoned the people, obtained £390,000 upon articles which could have no other tendency than to improve the moral and social condition of the people."

"When God in mercy disclosed to us, through Dr. Jenner, the vaccination principle, by which, humanly speaking, thousands of lives are annually saved, the medical world condemned it, and with them the nation at large, and the system was denounced from the pulpit. But now the medical men own that Dr. Jenner was right, and his discovery has become the law of the land."

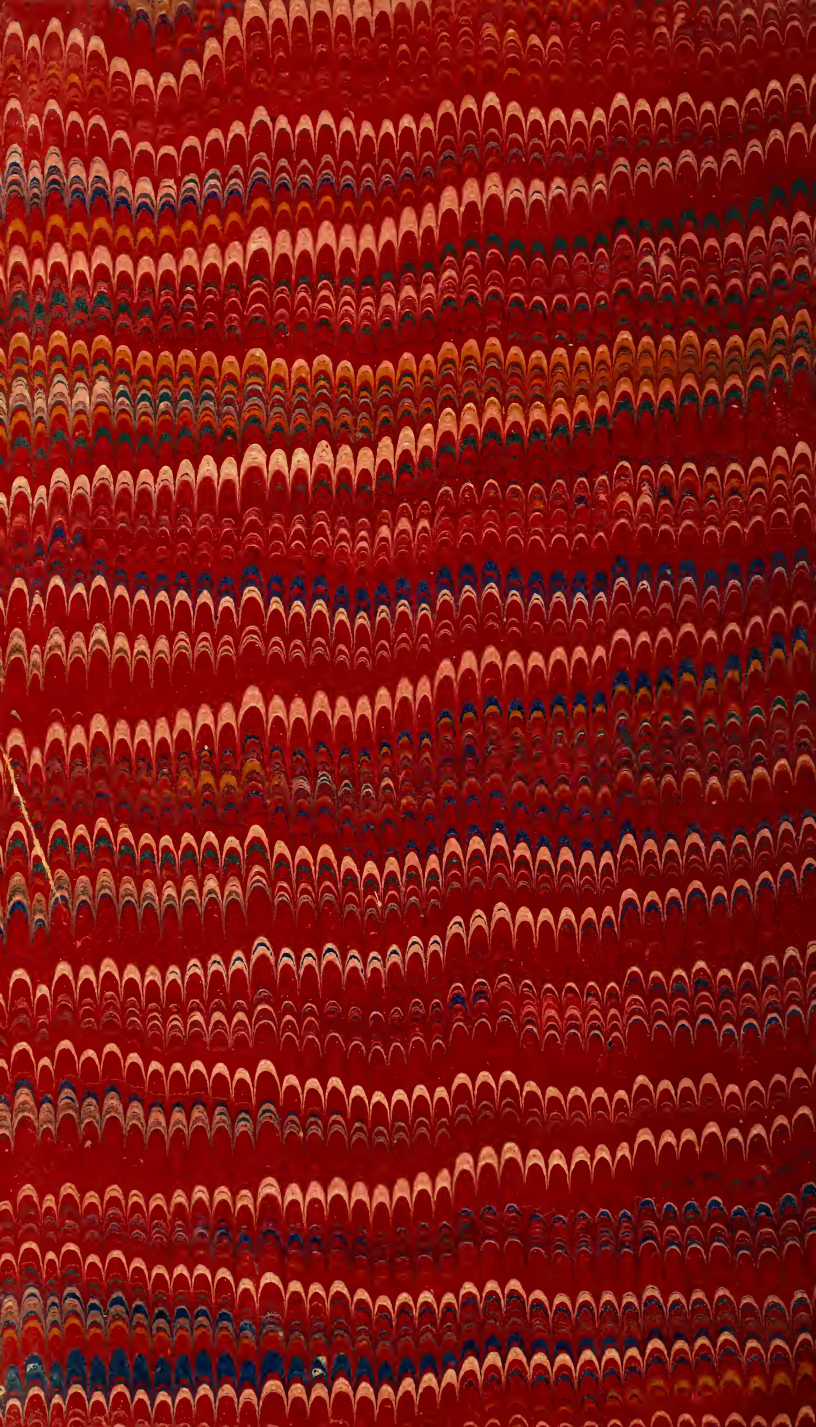
"Yet what an astounding fact does the history of Great Britain exhibit at this present moment! The professors of religion have it in their power to remove a vast amount of crime, misery, and wickedness; they have it in their power to reclaim hundreds of thousands of drunkards, and all this at the paltry sacrifice of abandoning the use of intoxicating drinks; yet professors hesitate — refuse to make the sacrifice. And this crime, misery, and wickedness, exist and will continue; these hundreds of thousands of immortal beings are drunkards, and will continue drunkards, because the professed followers of the cross will not abandon their pernicious drinking practices! What a sickening truth this is! yet a truth as demonstrable as any problem in Euclid. O God! send conviction home to all such hearts, and enable them to resolve in thy strength that they will never again touch the accursed thing."

"How much truth is there in the remark of the Bishop of Norwich, when he says, 'It is on temperance societies the fulcrum might be rested to raise the British nation to what it ought to be.' Go to the ministers of the gospel, and inquire what is the vice that proves the curse of their parishes, and they will tell you it is the love of strong drink; ask them if their preaching of the gospel removes it, and they will tell you it utterly fails. A most devoted and pious clergyman, not many miles from Cambridge, called a meeting of the clergy in that part of the country. To every one of these clergymen he put this question: —

'Have you ever reclaimed a drunkard by any other means than that of total abstinence?' Each replied he had not. At all the clerical meetings he subsequently attended, he put the same question; and, with one exception, their testimony went to prove, that it was only when the clergyman gave up his *own* strong drink, that he was a blessing to the unhappy drunkard. A few weeks back, on passing an evening with some friends of the Rev. Mr. Jay, the respected dissenting minister of Bath, it was mentioned that this aged minister, after preaching the gospel faithfully for upwards of fifty years, declared he did not know that his labors had ever been useful to a single drunkard. Mr. Jay has now become an abstainer."

"Mr. Teare, of Preston, says that he was a city missionary for ten years, and that his principal business was to go about among the drunkards, conversing, reading, and praying with them; that, during the whole ten years, he never succeeded with one drunkard, though occasionally with infidels. But, when a Total Abstinence Society was established in that town, *three hundred drunkards were reclaimed in one year*, and many of them became Sabbath-school teachers and members of Christian churches. Now, here is an astounding fact. This great and professing Christian nation, in a most degraded and heathenish state through our strong drink, and the mere preaching of the gospel failing to meet the evil. Nor is this the case with Christian England only; for an excellent clergyman well observes, the three countries in the world in which the gospel is most faithfully preached are England, the United States of North America, and the Protestant States in the North of Europe; yet, in these three countries, drunkenness prevails to such an extent as to be an utter reproach to them. Now, is it a defective gospel? God forbid! It is a defective carrying-out of that gospel. It is not sufficient to preach the gospel, — we must act it, practise it; we must contend, not so much for the letter as the benevolent spirit of that gospel, which teaches us to abstain from the use of even lawful things, when, by so doing, we can promote the temporal and eternal welfare of others. As well might we expect the preaching of the gospel and the grace of God would preserve a man who took arsenic from being poisoned, as to expect the preaching of the gospel and the grace of God will protect our country from drunkenness, if we continue to manufacture and use these drinks."

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